

**Drowning in Debt?  
We Can Help!**



**W|B|L|I**  
INCORPORATED  
TRUSTEE IN BANKRUPTCY

902 482 2000 • [4debtrelief.com](http://4debtrelief.com)

# HERD GETS OFF TO A HOT START

MOOSEHEADS BLAST PAST THE SCREAMING EAGLES  
AND ROCKET FOR WEEKEND WINS

PAGE 23

HALIFAX

# metro

[metronews.ca](http://metronews.ca) | [twitter.com/metrohalifax](https://twitter.com/metrohalifax) | [facebook.com/metrohalifax](https://facebook.com/metrohalifax)

Monday, September 24, 2012



News  
worth  
sharing.

"I love the smell of  
**testosterone**  
in the morning."

**Q104**

Inhale...

## Majority feel safe in Halifax core

**City Matters.** Poll shows citizens want greater police presence in downtown HRM



**RUTH DAVENPORT**  
[ruth.davenport@metronews.ca](mailto:ruth.davenport@metronews.ca)

A new poll shows Halifax residents are pretty comfortable downtown despite some violent incidents — but would like to see a few more cops on the streets.

The 2012 City Matters survey, conducted for Metro Halifax and the Greater Halifax Partnership by MQO Research, shows 82 per cent of respondents feel either very safe or mostly safe in the downtown core — up 11 per cent from 2011.

Downtown Business Commission executive director Paul MacKinnon says it's welcome news.

"We (who) kind of live and breathe downtown all the time do feel it's pretty safe, but we've had a couple of things that ... were horrible incidents," said MacKinnon. "So (the results)

### Quoted

**"We support closing the bars earlier, but we have to address the culture of excessive drinking ... so that when people go out and socialize and have some drinks, they do so responsibly."**

HRP Const. Brian Palmeter

are a pleasant surprise."

There have been two late-night homicides in the heart of Halifax since December, along with several assaults.

Survey respondents were asked what could be done to improve safety downtown, and 60 per cent opted for an increased police presence, compared to just 23 per cent who suggested closing bars earlier.

MacKinnon says he hasn't heard any good argument for closing bars earlier.

"I'd hate for us to jump the gun and do it, and it hurts a bunch of businesses and we solve nothing," he said. "So far I've heard nothing

### City Matters: Inside coverage

- Would you feel safe walking alone at night in downtown Halifax? Page 4
- We sure love the job our police are doing. Page 4

ing that says that's going to get to the root of the problems."

Const. Brian Palmeter of Halifax Regional Police says a few more officers may be added to weekend patrols, but he notes the police presence in the downtown core is currently the highest it's been in years.

"We have a number of plainclothes officers in the downtown core and people don't always see them," he said. "We have taken steps to increase the presence. Maybe what we need to do a better job (with is) to let the people know that we're out there."

The poll surveyed 603 residents during the first two weeks of September, with a margin of error of plus or minus four per cent.



## HAIL TO THE VEEP

Julia Louis-Dreyfus, winner of the Emmy for outstanding lead actress in a comedy series for *Veep*, poses in the press room during the 64th annual Emmy Awards ceremony in Los Angeles Sunday. More coverage, page 16. KEVORK DJANSEZIAN/GETTY IMAGES

### Dexter defends NewPage deal

Taxpayers are shouldering the risk of reopening the paper mill, claims the Canadian Taxpayers Federation

PAGE 3

### That's 3 in a row for Grant

Cole Harbour mixed martial artist takes his third straight lightweight bout at UFC 152

PAGE 24

### Vehicle spins out of control

A 'medical emergency' results in a four-car crash in downtown Halifax and sends three to hospital

PAGE 5

# ASTIGMATISM?

**LASIK corrects astigmatism more effectively than glasses or contact lenses.**

**LASIK MD**  
VISION

LASIK starting at **\$490/eye\***  
**FREE Consultation:** 1-866-999-0435  
[lasikmd.com/astigmatism](http://lasikmd.com/astigmatism)

\* Prices are subject to change without prior notice. Prices vary from patient to patient and are not applicable to surgery on both eyes only. Other conditions may apply.



# Make Your **Vote** Count: 2012 Municipal & School Board Elections



**PUBLIC NOTICE:** polling will take place for the election of mayor, councillors, members of the Conseil scolaire acadien provincial/CSAP for the Halifax Regional Municipality/HRM and members of the Halifax Regional School Board/HRSB on **October 20, 2012**, during the hours of 8:00 a.m. to 7:00 p.m.

Advanced electronic polls will be open from 8:00 a.m. Saturday, October 6, 2012 to 7:00 p.m. Thursday, October 18, 2012.

## Candidates for the above stated offices have been officially nominated as follows:

<b>Mayor</b>	to be elected at large
Fred Connors • Aaron Eisses • Steve Mackie • Tom Martin • Robert (Wesley) McCormack • Mike Savage	
<b>Councillors</b>	One (1) member for each of the NEW polling districts, 1 to 16
<b>District 1 – Waverley, Fall River, Musquodoboit Valley</b> Barry Dalrymple • Steve Streach	
<b>District 2 – Preston, Porters Lake, Eastern Shore</b> Laurie Cook • Will Gilligan • David Hendsbee • Jason Josey • Keith Leahy • Gail McQuarrie	
<b>District 3 – Dartmouth South, Eastern Passage</b> Jackie Barkhouse • Bill Karsten • Jim MacDonald	
<b>District 4 – Cole Harbour, Westphal</b> Lorelei Nicoll • Barry A. Smith	
<b>District 5 – Dartmouth Centre</b> Sam Austin • Ken Bowman • Sonya Dudka • Bryn Jones-Vaillancourt • Gloria McCluskey • Kate Watson • Bill Zebedee	
<b>District 6 – Harbourview, Burnside, Dartmouth East</b> Darren Fisher • Jerry Pye	
<b>District 7 – Peninsula South, Downtown</b> Mike MacDonell • Wayne Mason • Dawgfather PHD • Sue Uteck • Gerry Walsh	
<b>District 8 – Peninsula North</b> Karen Dempsey • Doug MacDonald • James McKay • Dawn Marie Sloane • Jennifer Watts	
<b>District 9 – Peninsula West, Armdale</b> Giovanni (John) Abati • Richard MacLean • Linda Mosher • John Wimberly	
<b>District 10 – Birch Cove, Rockingham, Fairview</b> Kurt Bulger • John Thibeau • Russell Walker	
<b>District 11 – Spryfield, Sambro, Prospect Road</b> Steve Adams • Peter Grabosky • Jim Hoskins • Tom Lavers	
<b>District 12 – Timberlea, Beechville, Clayton Park West</b> P. Rano Khokhar • Reg Rankin • Bruce E. Smith • Mary Wile	
<b>District 13 – Hammonds Plains, St. Margarets</b> Peter Lund • Doug Poulton • Matt Whitman	
<b>District 14 – Upper/Middle Sackville, Beaver Bank</b> Brad (BJ) Johns • Laurie Sauers	
<b>District 15 – Lower Sackville</b> Steve Craig • Janet Langille • Stephen Taylor • Curt Wentzell • Ian Wilson	
<b>District 16 – Bedford, Wentworth</b> Tim Outhit • Mark Ward	
To confirm your NEW district, visit: <a href="http://halifax.ca/BoundaryReview/">halifax.ca/BoundaryReview/</a>	

<b>Halifax Regional School Board/HRSB</b>	One (1) member for each HRSB district
<b>HRSB District 1 – Eastern Shore, Fall River</b> Bridget Ann Boutilier • Steve Brine	Combine HRM Districts 1 & 2
<b>HRSB District 2 – Cole Harbour, Dartmouth East</b> Nancy Jakeman • Jamiy-Ellen Klenavic • Anne Totten	Combine HRM Districts 3 & 4
<b>HRSB District 3 – Dartmouth Centre, Dartmouth North</b> Graham Judge • Gin Yee	Combine HRM Districts 5 & 6
<b>HRSB District 4 – Peninsula South, Peninsula West</b> Cindy Littlefair • Dawn E. Penney	Combine HRM Districts 7 & 9
<b>HRSB District 5 – Peninsula North, Fairview</b> Christy Linders • Michael R. McGinnis • Chris Poole	Combine HRM Districts 8 & 10
<b>HRSB District 6 – Clayton Park West, Spryfield</b> Sheryl Blumenthal-Harrison ( <i>Acclaimed</i> )	Combine HRM Districts 11 & 12
<b>HRSB District 7 – South Shore, Bedford</b> Steve Warburton ( <i>Acclaimed</i> )	Combine HRM Districts 13 & 16
<b>HRSB District 8 – Lower Sackville, Upper Sackville</b> Wade Marshall • Dave Wright	Combine HRM Districts 14 & 15
<b>African Nova Scotian Member/ANS of the Halifax Regional School Board/HRSB</b>	One (1) member to be elected at large
Irvine Carvery • Melinda Daye	
<b>Conseil scolaire acadien provincial/CSAP</b>	Three (3) members to be elected at large
Lucien Comeau • Jacques LeBlanc • Emmanuel Nahimana • Brenda Pickup • André Surette	

## Why vote?

The right to vote is one of the key rights and responsibilities of a democratic society. Municipal governments deliver important programs and services such as emergency services (police and fire), transit, waste collection/recycling and recreation programs that many residents rely on. By voting, you have an opportunity to be heard and to choose representatives that will make laws and policies that impact your daily life.

## Who is eligible to vote?

### You qualify to vote if:

- You are at least 18 years old on Election Day, October 20, 2012
- You are a Canadian citizen
- You have been ordinarily resident in the municipality for a period of three months immediately preceding Election Day, and continue to so reside
- You are not otherwise disqualified to vote in the municipal and school board elections

It is a violation of the Municipal Elections Act to vote for an office for which you are not qualified to cast a ballot.

To find out if you're eligible to vote for the Halifax Regional School Board/HRSB, African Nova Scotian/ANS member of the Halifax Regional School Board/HRSB and the Conseil scolaire acadien provincial/CSAP, visit: [halifax.ca/election](http://halifax.ca/election)

## How can I vote?

Vote by internet or telephone during the **advanced electronic poll** from 8:00 a.m. Saturday, October 6, 2012 to 7:00 p.m. Thursday, October 18, 2012, using the voting instructions provided on your voter notification letter.

If you HAVE NOT received your **voter notification letter** by October 6, 2012, you can still vote by visiting ANY ONE of the **e-voting registration poll locations** throughout HRM. For a complete list of locations, visit: [halifax.ca/election](http://halifax.ca/election)

Vote **in person on Election Day**, Saturday, October 20, 2012 (paper ballots only) from 8:00 a.m. to 7:00 p.m. To find your poll location for Election Day, visit: [halifax.ca/election](http://halifax.ca/election)



## Questions? Contact the HRM Election Office

In person: Monday to Friday, 8:30 a.m. to 4:30 p.m.  
City Hall, 1841 Argyle Street, Halifax, NS

Mail: Election Office, c/o Municipal Clerks Office  
PO Box 1749, Halifax, NS, B3J 3A5

Phone: (902) 490-VOTE (8683) or 1-888-820-VOTE (8683)  
TDD: 1-866-236-0020

Fax: (902) 490-4208      Twitter: @votehrm

E-mail: [election@halifax.ca](mailto:election@halifax.ca)      Website: [halifax.ca/election](http://halifax.ca/election)



**The defender**

"My government has worked for a year to restart the mill. We didn't do it because it was popular. We did it because it was the right thing to do."

Premier Darrell Dexter

**The critic**



"This deal was signed without any job guarantees and without any guarantee the money will be repaid. It puts a lot of risk squarely on the taxpayers."

Liberal Leader Stephen McNeil

**The skeptic**



"There is no doubt this is an even richer deal for Stern than before."

Tory Leader Jamie Baillie

**The buyer**

"Many people have worked extremely hard to arrive at this moment, and we will all continue to work hard ... to ensure that Port Hawkesbury remains the highest-quality, most competitive paper mill of its kind."

Pacific West Commercial's Ron Stern



Premier Darrell Dexter announcing on Saturday night that the province has reached a new agreement to reopen the shuttered NewPage Port Hawkesbury paper mill in Cape Breton. ANDREW VAUGHAN/THE CANADIAN PRESS

# Premier under fire after mill agreement

**Turning a NewPage.** Announcement came one day after Dexter said bid had collapsed

A new agreement the Nova Scotia government reached with a Vancouver company to reopen an idle paper mill in Cape Breton was described by the Canadian Taxpayers Federation as "tax trickery" on Sunday, but Premier Darrell Dexter says his government has reached a deal that secures jobs in an industry that has a future in the province.

Dexter announced the revised deal late Saturday with Pacific West Commercial Corp., which has offered \$33 million

for the 50-year-old facility in Port Hawkesbury, less than 24 hours after an original agreement to restart the former NewPage mill collapsed.

Dexter said the agreement means the money the provincial government has spent in an effort to restart the mill should be repaid in full in as little as 12 years. That includes a \$124.5-million aid package announced last month and \$36.8 million that the government has spent so far to keep the mill in a so-called hot idle state in order to quickly resume operations.

But Kevin Lacey, the federation's Atlantic Canada director, said it remains an expensive deal and the province's taxpayers are shouldering all the risk. "What the government is

**New cap**

**\$24M**

Nova Scotia's profit-sharing cap under the new agreement is \$24 million — up from \$9 million in the old agreement.

claiming here is that this deal is better because they are now getting the money from tax revenue. But the money that we're getting is money that (Canada Revenue Agency) has ruled that we were owed in the first place," said Lacey in an interview.

On Saturday, Dexter defended the mill's viability, calling it "one of the most high-tech mills anywhere in the world."

The government first announced the \$124.5-million funding package in August. At the time, it included \$66.5 million in loans, \$40 million of which would have been repayable. The other \$26.5 million would be forgiven if certain criteria, such as wage targets, were met.

But the government said a week ago it would sweeten the fund after the Canada Revenue Agency rejected a tax arrangement sought by Pacific West.

On Saturday, the government said the previously repayable loan of \$40 million to Pacific West Commercial would be forgiven if Nova Scotia Power paid the same amount in taxes as a result of energy purchases under a proposed new tariff.

THE CANADIAN PRESS

**HALIFAX FOLKLORE CENTRE**  
1528 Brunswick St.  
422-6350  
Located just off Spring Garden Rd.

Come to our  
**SEPTEMBER SALE!**  
Guitars, banjos, fiddles  
mandolins, ukes, etc...  
at great prices

halifaxfolklorecentre.com

# NOW OPEN

Joining Made Easy

**7.50 PER WEEK**  
**No Money Down**  
**No Enrolment\***  
on a 1 Year Membership\*

**DOWNSVIEW PLAZA**  
**CO-ED & FOR WOMEN'S**  
800 SACKVILLE DRIVE

**902-865-7336**

Canadian Owned since 1979

[goodlifefitness.com/newclubs](http://goodlifefitness.com/newclubs)

**GoodLife FITNESS** **CO-ED & for WOMEN**

The good life. Made easy.



CONNECTING MADE EASY:



\*Based on the purchase of a 1 year membership. Bi-weekly payments will commence based on your start date after club has opened. No additional fees are required above the regular membership fee. Offer valid at GoodLife Fitness Downsview Plaza Co-Ed & for Women's only. Limited time offer. Other conditions apply, see club for details.

1 NEWS

# Police taking harder line on downtown safety

**Core.** New strategy bearing fruit: Constable



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

Responses on safety in HRM's downtown core are pretty positive, and local police are taking steps to keep it that way.

The 2012 City Matters survey, conducted for Metro Halifax and the Greater Halifax Partnership by MQO Research, shows 82 per cent of respondents feel the downtown core is either mostly or very safe.

Craig Wight, the vice-president of research for MQO, says it's a strong showing.

"Given the amount of random violence and whatnot you hear about, I was a bit surprised by those numbers," he said. "It speaks well of Halifax."

Halifax Regional Police Const. Brian Palmeter says the force implemented a new downtown safety strategy in June and is already seeing results. Assault reports have fallen by 31 per cent, compared to the same period last year.

Palmeter says police are considering other possibilities, such as taking a harder line on any excessive drinking.

"We believe that if people are heavily intoxicated, they're either potentially a victim or a perpetrator," he said. "So if people get to being extremely intoxicated, they're either going to be shipped home with a friend or locked up for the night."

Palmeter says 80 per cent of violent incidents downtown typically involve two parties getting into a "consensual" scrap, and refusing



There have been two homicides in the city's downtown bar district since December, including one man who was beaten to death outside the Toothy Moose.

METRO FILE

## We asked: How safe do you consider downtown Halifax?

### ON TWITTER:

#### @Mystek23:

I feel pretty safe in downtown Halifax, assuming it's not at night, then I'd feel less safe. #citymatters

#### @TeamAdam76:

for a city of our size Halifax has

very little random crime. I feel safe in all areas at all times. It isn't Chicago people.

#### @louisclements2:

I think Halifax is a very safe place, but just like anywhere when you add alcohol to the mix the danger steps up every hour.

### ON FACEBOOK:

#### Taggart Romkey:

Not very safe especially after dark. I think the city needs to impose a curfew especially on university students who are here for an education not to make asses of themselves while drunk.

#### Breah Ali:

During the day I feel safe, and at night if I am with friends. But I don't feel safe walking alone downtown at night!

#### Angela Tropea Nicholson:

I feel safe up to about 2am. Then it's sketchy after that!!

to co-operate with police when they arrive.

He says people involved in those fights may face charges regardless.

"In cases where they're

somewhat consensual fights, we're still looking at charging people ... because we need to get the message out that this type of behaviour isn't acceptable," he said.

Just 54 per cent of poll respondents said they feel mostly or very safe walking alone at night in downtown Halifax.

Palmeter says that's not

necessarily a bad thing.

"In some ways, it's good if people feel they don't feel safe walking alone because if that's how they feel, then they're going to walk with

## By the numbers

How safe do you think downtown Halifax is?

- Very safe: 5%
- Mostly safe: 77%
- Not safe: 14%
- Not at all safe: 3%
- Refused/don't know: 1%

How safe would you feel walking alone at night in downtown Halifax?

- Very safe: 8%
- Mostly safe: 46%
- Not safe: 25%
- Not at all safe: 20%
- Refused/Don't know: 1%

What do you think should be done to improve safety in downtown Halifax? (Respondents allowed to choose more than one.)

- More police presence: 60%
- Close bars earlier: 16%
- Close bars by 2 a.m.: 7%
- Other: 40%
- Don't know: 12%

somebody," he said. "And hopefully that will be enough to prevent an incident from happening."

The poll surveyed 603 residents during the first two weeks of September, with a margin of error of plus or minus four per cent.

# Residents happy with HRP: Survey

Police in Halifax came up roses in the 2012 City Matters survey.

Respondents were asked to rank a variety of municipal services on a scale of one to 10 and 49 per cent gave Halifax police a score of eight or higher.

"If we allow the sevens to squeak in, 75 per cent are OK with their police services," said MQO vice-president of research Craig Wight. "In the whole context of things,

that's pretty good."

The mean score for police was 7.2, the highest of any municipal service, including snow clearing, recreational facilities and public transport.

Halifax Regional Police Const. Brian Palmeter says the numbers are in line with surveys conducted by the municipality.

"It's nice to know, because we do rely on these numbers to see how we're doing with

## Score

# 7.2

The mean score for police satisfaction in HRM.

the public and to make adjustments," he said. "But even if we were higher than we are, we realize there's work to be done."

Regional police released

statistics in August indicating that violent crime fell in the second quarter of 2012 by 20 per cent compared to the year before, driving an overall drop in crime of nearly 12 per cent.

"We live in this community, so violence is as concerning to us as it is to the public," said Palmeter. "So the public has high expectations ... and we're doing everything we can within the law to deliver."

RUTH DAVENPORT/METRO



A Halifax Regional Police officer at a crime scene.

METRO FILE

## More to come this week

**City Matters**

- **Monday:** Downtown safety, policing
- **Tuesday:** Municipal services, Peter Kelly
- **Wednesday:** Economy
- **Thursday:** Downtown development, health care
- **Friday:** City living



# Car loses control, slams into 3 vehicles

**Downtown Halifax.**  
Three taken to hospital for precautionary reasons, police say

**ANDREW RANKIN**  
andrew.rankin@metronews.ca

A four-vehicle crash sent three people to hospital after the driver of a Pontiac Grand Prix lost control of his car while driving in downtown Halifax on Sunday afternoon.

The vehicle was travelling eastbound on Sackville Street just after noon when the 25-year-old driver experienced a "medical emergency" near Hollis Street, according to Staff

Sgt. Reid McCoombs of the Halifax Regional Police.

The vehicle hit an unoccupied parked car near the Hollis Street intersection and then collided with two other cars stopped at the Lower Water Street intersection before slamming into a tree on the Lower Water Street sidewalk.

The two occupants of the second vehicle were uninjured while the 65-year-old female driver of the third car was sent to hospital. The driver of the Grand Prix and his 25-year-old female passenger were also sent to hospital for precautionary reasons.

Matthew Morrison was in the process of opening his fish-and-chips stand at the Lower Water Street intersection and

## Close call

"Luckily, no one was really hurt. It could have been much worse."

Matthew Morrison, witness

watched the carnage unfold. The car struck the tree hard enough that it hit and dented Morrison's stand located just a few feet away.

"He had his foot on the gas and came barrelling down," said Morrison. "His head was down when he hit the first and second car, so obviously he lost consciousness."

Police say alcohol is not believed to be a factor. The accident is under investigation.



Two of the four damaged cars from Sunday's accident in downtown Halifax. ANDREW RANKIN/METRO

## VOLKSFEST SALES EVENT

UP TO **\$6,000** CASH SAVINGS\*

2012 Routan amount shown

2012 Jetta  
**\$3,000**  
CASH SAVINGS\*



2012 Passat  
**\$5,000**  
CASH SAVINGS\*



2012 Motor Trend  
Car of the Year®  
2012 Passat

Great offers also available on our 2013 models.

## Life is paying you back



Das Auto.

1-800 DRIVE VW

**vw.ca**

\*Limited time discount available on cash purchase only of the following select new and unregistered 2012 gas models remaining in dealership inventory: Jetta / Passat 2.5L / Passat 3.6L / Routan with respective discounts of \$3,000/\$3,500/\$5,000/\$6,000. Discount varies by model. Offers end November 30, 2012 and are subject to change or cancellation without notice. 2012 Jetta Highline 2.5L as shown is \$21,875. 2012 Passat Highline 2.5L as shown is \$28,675. Prices include applicable cash purchase discounts. Prices exclude applicable \$1,365 freight and PDI, license, insurance, registration, any dealer or other charges, options and taxes. Certain options and accessories may be extra. Models shown for illustrative purposes only. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta", "Passat" and "Routan" are registered trademarks of Volkswagen AG. "Volkfest" is a trademark of Volkswagen AG. Motor Trend® Magazine is a registered trademark of Source Interlink Magazines, LLC. © 2012 Volkswagen Canada.

## North River. Further flooding damages dikes, prompts action plan

The province says work on a crumbling dike that was breached by flood waters two weeks ago in the Truro area will begin as soon as conditions are safe.

Staff with the province's Emergency Management Office were in Colchester and Pictou counties on Sunday after reports of flooding.

Several business owners in the area had already warned that they were worried about further flooding from the North River.

The government says repairs on the berm could begin Monday if conditions are safe.

A news release says Premier Darrell Dexter has called for a meeting to develop a flood action plan for central Nova Scotia.

Truro police indicate the dike near Cobequid Educational Centre was breached on Sunday morning. As a result, Marshland Drive, Park Street at North, and Lorne Street at Queen Street have been closed.

Flooding also closed Main Street at the subway between

### Minister's response



John MacDonnell  
METRO FILE

Last Thursday, Agriculture Minister John MacDonnell — whose

department is responsible for many dikes in the area — said the berm was built by a private citizen and it wasn't the government's responsibility to fix it.

But the province's Emergency Management Office said Friday that Transportation Department staff would repair it.

Truro and Bible Hill, with East Queen Street and the top of Young Street among the other areas affected Sunday.

RCMP were asking motorists to stay off the roads unless necessary. **THE CANADIAN PRESS AND THE TRURO DAILY NEWS**

## Arrests. Three Bacchus motorcycle-gang members face charges

RCMP in Nova Scotia say charges of uttering threats and intimidation have been laid against three members of the Bacchus motorcycle gang.

The Mounties say the men were arrested last Thursday after officers executed search warrants at locations in Halifax and Grand Desert. The RCMP say the gang's clubhouse in Nine Mile River was also searched.

Police say they seized motorcycle vests, comput-

### Accused

The accused, 45-year-old Patrick James of Halifax, 43-year-old Duane Howe of Grand Desert and 38-year-old David Pearce of Halifax, appeared in court Friday.

ers and cellphones, as well as small quantities of marijuana, steroids and magic mushrooms.

**THE CANADIAN PRESS**

### Lady Hammond Road

#### Halifax man faces child-pornography charges: Police

A Halifax man is facing child-pornography charges after police raided a Lady Hammond Road apartment on Friday morning.

Luke Freeman Morrison, 32, is scheduled to appear in Halifax provincial court on Oct. 31 to face three charges of accessing, possessing and distributing child pornography.

Police say they seized computers and an undisclosed amount of hardware at the apartment located in the 6000 block of Lady Hammond Road. **METRO**

### Antigonish County

#### Woman who drowned at Monks Head beach identified

Police have released the name of a woman who drowned at a beach in Antigonish County earlier this month.

She has been identified as 60-year-old Dianne Catherine Doiron of Pomquet.

RCMP were called to Monks Head beach on Sept. 13 to investigate a possible drowning. Doiron was taken to hospital in Antigonish where she was later pronounced dead.

**THE CANADIAN PRESS**



## Goat to read about Gertrude at Word on the Street

The Lambert sisters, from left, Mya, Jada and Keisha are all smiles as they pose for a photo with Starr Dobson, the author of children's book *My Goat Gertrude*, on the Halifax waterfront Sunday during the annual The Word on the Street festival. Hundreds of people of all ages came out for the event.

ANDREW RANKIN/FOR METRO

# Oval upgrade plan up for city's vote

**Improvements.** Upgrades include a new public garden, lamp installations and a sidewalk

ANDREW RANKIN  
halifax@metronews.ca

Halifax regional council will decide whether the city will spend more than a million dollars upgrading the downtown skating oval at Tuesday's regular meeting.

The municipality's chief administrative officer Richard Butts prepared a report recommending council approve

Chester-based Turf Masters tender offer of \$1.08 million — the lowest of three bids.

The tender process opened Aug. 23 and closed Sept. 11.

The two other tender offers came from Bedford-based Dexter Construction Company Ltd. for \$1.33 million and a \$1.46-million offer from Ocean Contractors Ltd. of Dartmouth.

According to the report, the beautification project will begin a week after the tender is awarded and take up to eight weeks to complete. The work is expected to be completed before the skating season begins.

The money will be drawn from both the city's park-upgrades and community-events-venues budget funds.

The upgrade project is ex-



The Canada Games Oval METRO FILE

pected to include a new public garden for the site with sod and shrubs as well as lamp installations. Concrete walls and a sidewalk along Cogswell Street will also be constructed.

The project will also include site preparation for the construction of the Oval plaza and a support building, which are both approved in the 2012-13 capital budget.

## Inefficient response to navy ship oil spill: Report

### Total units

# 14,000 L

In total, 14,000 litres of diesel fuel spilled into the harbour after an improper seal allowed fuel to seep into the pipe while HMCS Preserver was fuelling.

to the report, which was obtained under access-to-information legislation.

"Too much time elapsed (almost three hours) between the initial discovery (6:30 a.m.) of the overboard discharge and the fuel spill procedures being initiated (8:45 a.m.) allowing for an additional release of more than 5,800 litres of diesel fuel oil (more than 40 per cent of the total quantity spilled)," Cmdr. Yves Germain said in the report.

**THE CANADIAN PRESS**



[illegible]





Qriket

## SCAN, SHARE AND WIN!

Metro and Qriket are giving away \$10,000 in instant cash prizes for the month of September.

Metro has partnered with Qriket to add more fun and sharing to your daily news fix.

Qriket is a free iPhone app that rewards you for scanning QR codes, so now you can stay informed with Metro and win prizes when you choose to scan with the Qriket app.

Just download the Qriket app and use it to scan QR codes to access enhanced content, share with your friends, and play instant win games.

And this month, scanning the Qriket branded codes in Metro activates \$10,000 in bonus instant cash prizes just for Metro readers!

### Wanna play?

- 1) Download the free Qriket app for your iPhone.
- 2) Use it to scan the Qriket QR codes you see in Metro, and they'll automatically get shared with your friends.
- 3) The more you scan, the more you share, the more chances you have to win!



For full rules and regulations visit [www.qriket.com/metro](http://www.qriket.com/metro)

metro  
News worth Sharing.



# Clement had 'ghostwriter' for Twitter town hall

**Twitter table.** Treasury Board president also had two subject matter experts, two communications staff and a moderator



Tony Clement BRUCE CAMPION-SMITH/TORSTAR NEWS SERVICE FILE

Tony Clement may be king of social media in political circles on Parliament Hill, but he didn't get to be mayor of his own Twitter town hall.

During an online chat on the subject of open government, the Treasury Board president, who is a prolific tweeter, had a ghostwriter doing most of the work for him.

Last December's town hall made federal political history as the first online chat hosted by a cabinet minister using the microblogging service.

Clement is regularly ranked among Parliament Hill's top tweeters and lauded by social media watchers as having a natural touch with

the technology. But when it came to formally engaging with Canadians, bureaucracy ground his freewheeling ways to a stop.

An analysis on the town hall obtained by The Canadian Press under Access to Information legislation highlights the struggle facing MPs seeking to use social media tools in a world of tightly con-

trolled communications.

The two 45-minute chats — one in English, one in French — took more than a month to organize.

Three dry runs were held ahead of the main event, with staff even creating bogus Twitter accounts in order to practise using the service.

More than 40 stock responses were drafted so they could be quickly copied and pasted to reply to questions, while a ghostwriter was engaged to get Clement's responses out faster.

"I should point out too that the minister did take to the keyboard himself for a few responses — he does like to get hands-on sometimes," Sean Osmar, a spokesman for Clement, said in an email.

The chat didn't happen over the government's standard Internet connections.

Staff used mobile Internet technology in order to bypass any possible network filters, according to the report.

THE CANADIAN PRESS



## Women in Nepal mark atonement day

A Nepalese devotee takes a holy dip with the help of a friend in the Bagmati River during Rishi Panchami, a purifying and atonement day for women, in Katmandu, Nepal. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

## Cat mistakenly euthanized

A Massachusetts woman says her cat went to the veterinarian for a flea bath and was mistakenly euthanized instead.

Colleen Conlon of Gardner is grieving the loss of 8-year-old Lady, whose death she attributes to negligence by the vet, Muhammad Malik.

Her son took Lady to an animal hospital last week and unknowingly authorized the cat to be put to sleep after he says he was handed the wrong forms. He says he learned of the mix-up when he returned with a second cat and the vet asked whether he wanted to keep the bodies.

Conlon has filed a complaint with the attorney general.

Malik's lawyer tells the Telegram & Gazette that people should wait to hear all the facts before passing judgment and that he expects more information to come out. THE ASSOCIATED PRESS





Mateo Compton Moscoso, 3, and his father, Paul Compton. Compton has been fighting for nearly three years to obtain Canadian citizenship for Mateo. A change in citizenship rules before his youngest son was born abroad means Mateo can't be considered Canadian. THE CANADIAN PRESS/CONTRIBUTED

# New citizenship rules put families living abroad in a bind

**Frustration.** Ontario native looks to England for citizenship for son after Ottawa changes regulations

Paul Compton is at his wits' end.

The Ontario native has spent nearly three years trying to obtain Canadian citizenship for his younger son, with little success, and now feels abandoned by his country.

After multiple appeals to politicians and much wrangling with public servants, the

## Quoted

**"Who are these undeserving citizens?... This is all based on a hypothetical problem."**

Audrey Macklin, University of Toronto law professor

42-year-old is now applying for British citizenship in an attempt to establish a sense of security for his child. But he feels like he's giving up a part of his Canadian identity in the process.

"I don't know what else to do at this point, I've hit a wall," he told The Canadian Press.

Compton is among an un-

known number of Canadians caught in a web of regulatory changes made to the Citizenship Act in 2009.

His problems stem from the fact that he was born in Scotland — while his Canadian parents were in university — and his second son was also born abroad, four months after the government imposed a first-generation limit on citizenship by descent for those born outside the country.

That meant Compton's first son, who was born abroad before the regulations changed, is a Canadian, but his younger child, three-year-old Mateo, is not.

THE CANADIAN PRESS

## Sky's the limit? Report alleges nursing station used medical flights to shop

Staff at a remote First Nations nursing station arranged expensive emergency medical flights — on the federal government's dime — to go grocery shopping in a more populated community, a newly released document alleges.

A special report by Health Canada investigators sets out troubling allegations about the conduct of staff at the Poplar Hill nursing station in northern Ontario, and about a small airline from which the Canada Revenue Agency is still trying to recover a sizable amount of money. The RCMP has also been asked to step in.

The claims are brought to light as part of a months-long investigation by The Canadian Press into allegations of wrongdoing by service providers of the federal government's health plan for aboriginals.

The Non-Insured Health Benefits program provides health-benefit coverage to eligible First Nations people and Inuit when they are not insured by private or provincial plans. The NIHB program also covers travel costs when aboriginals need medical treatment but cannot receive it in their home communities.

THE CANADIAN PRESS

## Washington

### Giant panda dies

The giant panda cub born a week ago at the National Zoo in Washington has died, and it was not immediately known why, zoo officials said Sunday.

THE ASSOCIATED PRESS

## Cookstown, Ont.

### Loose bull put down

Police say a bull spotted running loose out on the fields near Highway 400 and Highway 89 after escaping from the Cookstown stockyard was put down Sunday.

THE CANADIAN PRESS

**comwave**  
Long Distance

Let us show you how to make overseas calls from *your mobile phone!*

We'll beat all competitors rates  
**Guaranteed!**

**\$25 FREE**

- No Contracts
- No Commitments
- Satisfaction Guaranteed!

No questions asked... Just FREE long distance!

**Unlimited Canada** **\$5** /Month

Unlimited calling to anywhere in Canada

**India** **1¢** /Minute

1000 Minute bundle only \$10/month

Australia 1.9¢/min	Bangladesh 3.9¢/min	Bosnia 10.9¢/min	China 1.9¢/min	Colombia 2.9¢/min	Cuba 89.9¢/min	Croatia 2.9¢/min	Germany 1.9¢/min	Guatemala 3.9¢/min
Iran 4.9¢/min	Israel 1.9¢/min	Italy 1.9¢/min	Sri Lanka 9.9¢/min	Lebanon 7.9¢/min	Mexico 1.9¢/min	Pakistan 3.9¢/min	Philippines 10.9¢/min	Kazakhstan 4.9¢/min
Poland 1.9¢/min	Romania 1.9¢/min	Russia 1.9¢/min	South Korea 1.9¢/min	U.A.E. 14.9¢/min	Ukraine 8.9¢/min	U.K. 1.9¢/min	Vietnam 3.9¢/min	United States 1.9¢/min

Download our Comwave Mobile App  
**3 Days Free Trial**

**1-866-519-8090**  
www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. (LONG DISTANCE) Lifetime Rate Guarantee is based on competitors' lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled service plans or prepaid calling cards due to their inaccurate billing criteria. \$25 free promotion is applied \$5 per month for 3 months. No minimum usage required. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply. www.comwave.ca for details.



# Opposition parties in Belarus boycott elections

## Parliamentary vote.

Lukashenko's 2010 win triggered mass protests

Belarus held parliamentary elections Sunday without the main opposition parties, which boycotted the vote to protest the detention of political prisoners and opportunities for election fraud.

The election will fill 110 seats in parliament, which long has been reduced to a rubber stamp by authoritarian President Alexander Lukashenko. He has ruled the former Soviet nation since 1994. Western observers have criticized all recent elections in Belarus as undemocratic.

Preliminary results in the parliamentary vote were expected Monday.

Lukashenko's landslide win in a 2010 presidential election triggered a mass street protest that was brutally suppressed, and any rallies after the parliamentary vote would be certain to draw a similar response.

"Elections in those states where they are boring and

### Context

- About 40 opposition candidates still ran.
- Parliament has been occupied by government loyalists since 2004.
- While officials reported a turnout of 66 per cent with two hours of voting remaining, observers said the numbers were inflated, raising suspicions of ballot stuffing.

peaceful are a good thing for the people, not to mention for the government," Lukashenko said after casting his ballot. But he warned that the calm would not last if the opposition mounted a protest.

"The main show here, as you understand, always begins after the elections, therefore anything can happen, although of course, God forbid that it does," he said. "All sorts of political nonsense always occurs here after the results are announced."

THE ASSOCIATED PRESS



Belarusian President Alexander Lukashenko speaks to media at a polling station after voting during parliamentary elections in Minsk, Belarus, on Sunday.

SERGEI GRITS/THE ASSOCIATED PRESS

# Syria opposition members call for Assad's ouster



A Syrian woman holds a bouquet of flowers and a rebel flag during a rally in Aleppo, Syria, on Friday. MANU BRABO/THE ASSOCIATED PRESS

Syrian opposition figures who reject foreign intervention in Syria's 18-month conflict called for the ouster of President Bashar Assad at a rare meeting Sunday in the nation's capital. The gathering was tolerated by the regime in an apparent attempt to lend credibility to its claims that it remains open to political reform despite its bloody crackdown on dissent.

A senior former Assad ally, meanwhile, said Iran is providing massive support for

the embattled Syrian regime. "Iranians are active in leading positions in the military," former Syrian Prime Minister Riad Hijab, who defected to the opposition last month, told the German daily Frankfurter Allgemeine Zeitung. "We're not only talking about military aid, but also logistical and economic support" by Iran.

Earlier this month, the top commander of Iran's powerful Revolutionary Guard said the elite unit has high-level advisers in Syria. Iran is

also believed to be sending weapons to Syria.

Sunday's conference was attended by diplomats from Iran, Russia and China, Assad's main allies. It was likely to be viewed as a cosmetic gesture by rebels and their international backers.

In recent weeks, Assad's military has escalated airstrikes and shelling of civilian areas to put down an uprising that began in March 2011. Activists say nearly 30,000 people have been killed.

THE ASSOCIATED PRESS

### Meeting details

Sunday's meeting was organized by the National Coordination Body for Democratic Change in Syria, or NCB.

- Participants agreed on the idea of "overthrowing the regime with all its symbols," while emphasizing the need for "peaceful struggle."

### Capital punishment

## U.S. man's execution stalled

Twice over the past year and a half, Cleve Foster has come within moments of being led to the execution room, only to be told the U.S. Supreme Court had halted his scheduled punishment.

On Tuesday, Foster, 48, is scheduled for yet another trip to the death house for participating in the abduction and slaying of a 30-year-old Sudanese woman, Nyaneur Pal, a decade ago near Fort

Worth. Foster, a former army recruiter, denies his role in the murder. Prosecutors say DNA ties him to the killing and that he gave contradictory stories when questioned about Pal's death.

"I did not do it," he insisted recently from a tiny visiting cage outside death row. Appeals again were pending in the courts, focusing on what his lawyers argued was poor legal help both at his 2004 trial in Fort Worth and by attorneys early in the appeals process. Similar appeals resulted in the three previous reprieves. THE ASSOCIATED PRESS

### U.S. elections

## Romney targets old Obama states

Republican challenger Mitt Romney, slipping in the polls in critical swing states, began an intense campaign focus on three of them Sunday with a rally in Colorado, a three-day bus tour in Ohio and a stop in Virginia.

President Barack Obama, who was not campaigning Sunday, won all three of those states in the 2008 election.

With about six weeks

remaining before the Nov. 6 election, the handful of so-called swing states appear likely to determine the outcome of what has been an extremely close contest. Those states become even more critical to the Republican candidate as recent polling shows Obama opening a lead in many of them.

Obama entered the week-end with polls showing him in a near tie with Romney, though a new poll shows the president with leads in battleground states Colorado and Wisconsin.

THE ASSOCIATED PRESS

### Washington

## Youth at detention centre escape

Six teenage boys escaped from a juvenile detention centre in Washington state after knocking out a female staff member, but all were captured a few hours later early Sunday in nearby woods, authorities said.

The King County Sheriff's department said it received word of the escape at about 11:30 p.m. Saturday from Echo Glen Children's Center in Snoqualmie, about 40

kilometres east of Seattle.

"They basically attacked the staff member, knocked her out, took her keys and fled," spokeswoman Sgt. Cindi West said. The teens left the woman unconscious and locked in a room at the facility, she said.

Witnesses told detectives that the staff member was beaten with a chunk of ice frozen in a water bottle.

The three 14-year-olds and three 15-year-olds were serving time for offences including assault, possession of firearms and burglary, West said. THE ASSOCIATED PRESS



# Canadian among missing after avalanche

**Nepal.** At least nine climbers killed in Himalayan mountain disaster

Officials say at least nine people are dead and several others missing, including a Canadian, after an avalanche hit climbers on a high Himalayan peak in Nepal today.

Many of the climbers were

French or German but the U.K.-based The Telegraph website reported that one of the missing people is Canadian.

Dipendra Paude of Nepal's tourism ministry, which controls all international climbing expeditions, told The Telegraph the dead climbers were from Spain, Germany and Nepal.

Chrystiane Roy, spokeswoman for the Department of Foreign Affairs, could not confirm that a Canadian was among those missing, but said

officials have been in contact with authorities in Nepal. "Our thoughts are with the victims (and their families) of this avalanche," Roy said.

Police official Basanta Bahadur Kuwar said the bodies of a Nepalese guide and a German man were recovered and that seven other bodies had been spotted on Mount Manaslu. Ten climbers survived, many were flown to hospitals. Officials are investigating the cause of the avalanche. **THE ASSOCIATED PRESS**

## On the mountain

- The avalanche hit the climbers at a camp at 7,000 metres.
- 231 climbers and guides were on the mountain.
- Weather conditions are unpredictable at this time of year during Nepal's autumn season.



In this photo provided by Nepalese airline Simrik Air, an injured victim of an avalanche is rescued at the base camp of Mount Manaslu in northern Nepal on Sunday. The avalanche swept away climbers Sunday, leaving at least nine dead and six others missing, officials said.

SIMRIK AIR/THE ASSOCIATED PRESS

## Work hazard. Coal-mine accidents trap 17 miners underground in China

Chinese state media say two coal-mine accidents have trapped 17 people underground.

The official Xinhua News Agency says a fire broke out Sunday in a mine in northeast Heilongjiang province, trapping 11. Two other people working in the mine were lifted out.

Xinhua says the mine's operating licence had expired three weeks earlier and the county government is blaming

illegal production for the accident.

Another mine in the same province was flooded on Saturday, trapping six miners.

Rescue efforts are underway.

China has the world's deadliest coal-mining industry. Safety improvements have reduced deaths in recent years, but safety rules are often ignored and accidents are still common.

**THE ASSOCIATED PRESS**



In this photo released by China's Xinhua News Agency, miners enter the Jiayi Coal Mine in Jidong County of Jixi City, in northeast China's Heilongjiang province on Sunday. Six people were trapped in the mine after it was flooded early Saturday, Xinhua said. **XINHUA, XIAO JINBIAO/THE ASSOCIATED PRESS**

## Assam state

### Flood in India leaves some dead, others missing

A flash flood triggered by torrential rain has killed at least nine construction workers and left 15 others missing and feared dead in India's remote northeast.

Karma Zyatso, chief secretary of Sikkim state, says the workers, who lived in camps, were swept away by the swirling waters of a flooded river Friday in Chungthan, a small town in the mountainous region.

Zyatso said Sunday that authorities had recovered nine bodies and were searching for 15 others. He also said helicopters dropped food to nearly 10,000 people living in villages cut off due to damage to the main highway.

**THE ASSOCIATED PRESS**

## Territory dispute

### China cancels events in Japan

China has cancelled events to commemorate 40 years of diplomatic relations with Japan, further signalling its anger over a simmering territorial dispute.

Japanese Foreign Ministry official Hiroaki Sakamoto confirmed the cancellation of events, planned for Thursday. China's Xinhua News Agency, citing officials with the China-Japan Friendship Association and another government-affiliated group, reported Sunday that the events would not take place. Calls to China's Foreign Ministry were not answered Sunday.

Relations have sunk to their worst level as the two sides spar over islands in the East China Sea claimed by both countries and by Taiwan. **THE ASSOCIATED PRESS**





Snap,  
Share,  
Win.



# What does The Art of Sharing mean to you?

Share your photos and show us your idea of The Art of Sharing and you could win \$5,000 in photography equipment!

You can also share your other photos with us in The Metro Global Photo challenge for a chance to win a trip to Greenland.

Enter today at [metrophotochallenge.ca](http://metrophotochallenge.ca) and share your way to victory.



## Protesters clash with Greek police at prophet-film rally

**Unrest.** Demonstrations also take place in Iran, Pakistan over depictions of Muhammad

Greek riot police used tear gas and pepper spray to disperse Muslim protesters who clashed with officers Sunday during a rally against a film produced in the U.S. that denigrates Islam's Prophet Muhammad. No injuries were reported.

A general strike in Bangladesh shut down schools, transportation and businesses, while a few hundred people peacefully marched in Pakistan. Iranian students burned flags in Tehran to protest the recent publication of lewd caricatures of Muhammad by a French satirical weekly.

In Athens, six people were detained during the demonstration at a central square, police said. About 600 people attended the rally, which fea-



Iranian protestors burn a British and a French flag during a demonstration in front of the French Embassy in Tehran Sunday to condemn a French magazine caricaturing Prophet Muhammad. VAHID SALEMI/THE ASSOCIATED PRESS

### Deadly fallout

The amateurish film has sparked violent protests throughout the Muslim world for nearly two weeks.

- The violence linked to protests over the film has resulted in the deaths of at least 49 people, including the U.S. ambassador to Libya.

### Security breach probed

Office room broken into while Germany's Merkel held talks

German police say someone broke into a hotel room that was used as an office of the chancellor's conservative party while Angela Merkel was holding talks in the same building.

Police spokeswoman Antje Roeper said Sunday nothing appears to have been stolen and no explosives were found.

She says Merkel and other party leaders were holding an internal two-day conference near the town of Neuruppin north of Berlin when the incident was discovered Sept. 17. Merkel, the Christian Democrats' chairwoman, was in a meeting on a different floor of the boutique hotel.

THE ASSOCIATED PRESS

tured heated speeches, but was mostly peaceful.

The crowd then wanted to march to the U.S. Embassy, which is about three kilometres away from Omonia Square. Some tried to break through police lines several times, but riot officers pushed them back.

The violence occurred at the end of the rally, when small groups of protesters threw ob-

jects at police. Three cars were damaged and three storefronts smashed.

Banners were displayed in English, denouncing the film and called on the U.S. to hang the filmmaker. One told President Barack Obama "we are all with Osama," referring to Osama bin Laden, the al-Qaida leader who was killed in a U.S. raid in Pakistan in May 2011. THE ASSOCIATED PRESS

## Nuclear tensions. Iran warns of attacks on U.S. bases if war with Israel breaks out

A senior commander in Iran's powerful Revolutionary Guard warned that Iran will target U.S. bases in the region in the event of war with Israel, raising the prospect of a broader conflict that would force other countries to get involved, Iranian state television reported Sunday.

The comments by Gen. Amir Ali Hajizadeh, who heads the Guard's aerospace division, came amid tension over Iran's nuclear program and Israel's suggestion that it might unilaterally strike Iranian nuclear facilities to scuttle what the United States and its allies believe are efforts to build a bomb. Tehran says its nuclear program is for peaceful purposes.

Hajizadeh said no Israeli attack can happen without the support of its most important ally, the United States, making all U.S. military bases a legitim-

### Quoted

"There will be no neutral country in the region.... To us, these bases are equal to U.S. soil."

Gen. Amir Ali Hajizadeh, a senior commander in Iran's Revolutionary Guard

ate target.

"For this reason, we will enter a confrontation with both parties and will definitely be at war with American bases should a war break out," Hajizadeh said in remarks that were posted on the website of Iran's state Al-Alam TV. U.S. facilities in Bahrain, Qatar and Afghanistan would be targeted, he said.

The U.S. Fifth fleet is based in Bahrain and the U.S. has a heavy military presence in Afghanistan. THE ASSOCIATED PRESS



## iPhone 5. Most U.S. stores sold out during first weekend

It was possible to walk into a U.S. store on the weekend and buy an iPhone 5, but it took some hunting. Some stores reported having Apple's newest phone available for walkup customers, though not all versions of it. A random check of about a dozen stores indicated that most were sold out.

A Verizon store in New York City said the 32 and 64 gigabyte models, but not the 16 GB version, were available. A Sprint store in a suburb of St. Paul, Minn., said all but the most expensive 64 GB iPhone 5s were sold out. "Before we were even

### Sales figures

- On Monday, Apple is expected to announce early results from the iPhone 5's first day of retail sales.

scheduled to open, we were pretty much out," said Eric Rayburn, a worker at a Sprint store in Phoenix, Ariz.

The iPhone 5 went on sale Friday, igniting intense interest around the world.

THE ASSOCIATED PRESS

### E. coli concerns

## Ground-beef recall expanded further

The recall of ground beef from Edmonton-based producer XL Foods is being expanded yet again.

The recall due to possible E. coli contamination was announced by the Canadian Food Inspection Agency a week ago and has since been expanded six times. It affects ground beef sold by Sobeys, Foodland, IGA, and Douglas

Meats stores in the Prairie provinces, Ontario, the Maritimes and some Big Way and Super A stores.

Now it also includes unlabelled ground-beef products sold between Aug. 24 and Sept. 16 at stores which may include small retailers, local meat markets and butcher shops.

The agency advises consumers who are unsure if they have the affected product to check with the stores where they purchased the beef, or simply throw it out.

THE CANADIAN PRESS

# Gamers need not apply: New simulator puts safety first

**VIRTTEX facility.** Ford's virtual reality lab lets researchers monitor bad driving habits

Most car-themed video games challenge players to race as fast as they possibly can, and push dangerous driving to the limit without crashing.

So test subjects who step inside Ford's high-tech VIRTTEX research facility can be forgiven for wanting to stomp the gas pedal in the video game-like driving simulator. But most don't and try their best to stay alive.

In an effort to prevent car crashes in the real world, Ford has designed an incredibly life-like way to test drivers' skills and simulate dangerous situations that could end in death on the roads.

Within a research and development building in Dearborn, Mich., the former hometown of Henry Ford and where the automaker is headquartered, lies the VIRTTEX — short for Virtual Test Track Experiment.



A test driver goes behind the wheel of Ford's VIRTTEX, a safety simulator that analyzes drivers' skills and reactions to dangerous situations on the road. FORD CANADA/THE CANADIAN PRESS

Inside a seven-metre-diameter domed laboratory is what appears to be a standard Ford vehicle. But a close inspection would reveal its engine and transmission have been removed and it has been equipped to tie into an elaborate virtual reality simulator.

Video screens envelope the inside of the domed structure, giving test subjects a simulated

360-degree view of a driving environment. Peeking at all the mirrors reveals accurate views of what you'd expect to see while driving.

Once the simulation has begun, the VIRTTEX structure can move up to three metres side to side or front to back, and two metres vertically, to simulate the motion and feel of actually driving. The steer-

### Quoted

"We get some really realistic reactions out of people." Ford's Mike Blommer

ing wheel realistically rumbles just right and sound is pumped into the vehicle to replicate engine and road noise. The wheel and pedals are just as responsive as in any car.

Before long, drivers get lost in the virtual world and feel like they're really driving down a long, open road. And then researchers can start observing all their bad habits. The speeders get identified pretty quickly.

The other cars on the road "are programmed to go five to 10 miles per hour (eight to 16 km/h) faster than you, so we quickly find out what kind of driver people are," says Ford's Mike Blommer.

"If they want to keep up with traffic ... those drivers keep speeding up and the next thing you know you're going 80 to 85 miles per hour (almost 140 km/h)."

THE CANADIAN PRESS

# Go digital for a chance to win.

Secure and simple epost™ service from Canada Post is the convenient way to keep track of all of your bills, statements, and essential documents. And best of all, it's free. Receive bills and statements for just about all your regular expenses, such as cable, phone, utilities, credit cards, and property taxes. View your digital mail with a single login. Plus, your documents are stored privately and securely for up to seven years. Sign up today at epost.ca or through your financial institution.

## You could win \$1,000 in our monthly draw just by registering your bills with epost.ca

Register two bills with epost and you will be automatically entered for a chance to win \$1,000 in our ongoing monthly contest. And, each additional bill you register gives you an extra contest entry.\*



One place. One login. One password.

Sign up today at epost.ca

Manage bills like these and many more.



\* No purchase necessary. Contest runs from 12:00:00 a.m. EDT on May 1, 2012 to 11:59:59 p.m. EST on January 31, 2013. Contest is open to individuals who reside in Canada, are over the age of majority in their province or territory of residence, who are active epost users, and who have subscribed to at least two epost mailer bills throughout the previous 60 days. There are a total of 9 prizes available to be won, each with a value of CAD \$1,000. There will be one prize draw per month during the contest period. Odds of winning depend on number of entries received. Selected entrants must answer a mathematical skill testing question and sign a release. Full contest rules are available at epost.ca/contestrules. ™ Trademark of Canada Post Corporation. All other trademarks are the property of their respective owners.



# NEWPAGE MILL: WHEN TO SAY ENOUGH IS ENOUGH



**URBAN  
COMPASS**  
Stephen Kimber  
halifax@metronews.ca

I have rewritten this column three times in the past three days as the on, then off, then on-again deal to re-start the NewPage mill in Point Tupper played itself out in after-hours

news releases and hastily-convened press conferences.

But my essential question hasn't changed. How much is more than too much?

It's far from the first time Nova Scotia governments have — or should have — smacked up against that question.

During the sixties and seventies, successive Liberal and Tory governments grappled with the issue of whether to pour more tax dollars into the bottomless pit that was Sydney Steel to save disappearing jobs and protect threatened communities. They kept pouring. We're still paying. The mill is a memory.

Given our sad history with businesses deemed "too big to fail," the NDP's dance of the seven deals with Pacific West Commercial Corp., the mill's if-the-price-is-very-right buyers, seems all too familiar.

After a year's scramble, Pacific West had agreed to pay \$33 million for the mill, but its contribution was more — way more — than offset by \$66.5 million in government loans (\$26.5 million of them forgivable), not to forget another \$58 million in additional government spending to help pay off the plant's creditors and support "sustainable practices."

Even that, by itself, wasn't enough to reopen the plant.

Unionized workers had to agree that the work force be cut in half, accept pay cuts and allow their previous pension plan to disappear. Richmond County had to agree to chop its tax bill in half. Nova Scotia Power had to say yes to a sweetheart deal on power rates and the Canada Revenue Agency had to bless it in advance.

When the CRA declined to do so, we were into a Hail-Mary Plan B which, after a false stop, now seems to be the done, Plan C deal.

Three hundred mill jobs and another 400 in the forest saved. Paper rolling next month...

But if the mill isn't sustainable today without so many grants and giveaways, will it ever be?

And if it won't, shouldn't we be investing in alternatives now instead of failure tomorrow?

## Shutting down the freeway

### L.A. hopes to head off a car-polypse one more time

Carmageddon II — the sequel — is coming to one of the most crowded U.S. freeways, and authorities are hoping its subtitle won't be The Traffic Strikes Back.

Transportation officials say what they would like to see during the last weekend of September is a rerun of last year's two-day closure, when hundreds of thousands of motorists dodged doomsday predictions by staying away until the busy, 16-kilometre stretch of Interstate 405 reopened.

It was one of the lightest freeway traffic weekends anyone in Los Angeles could remember.



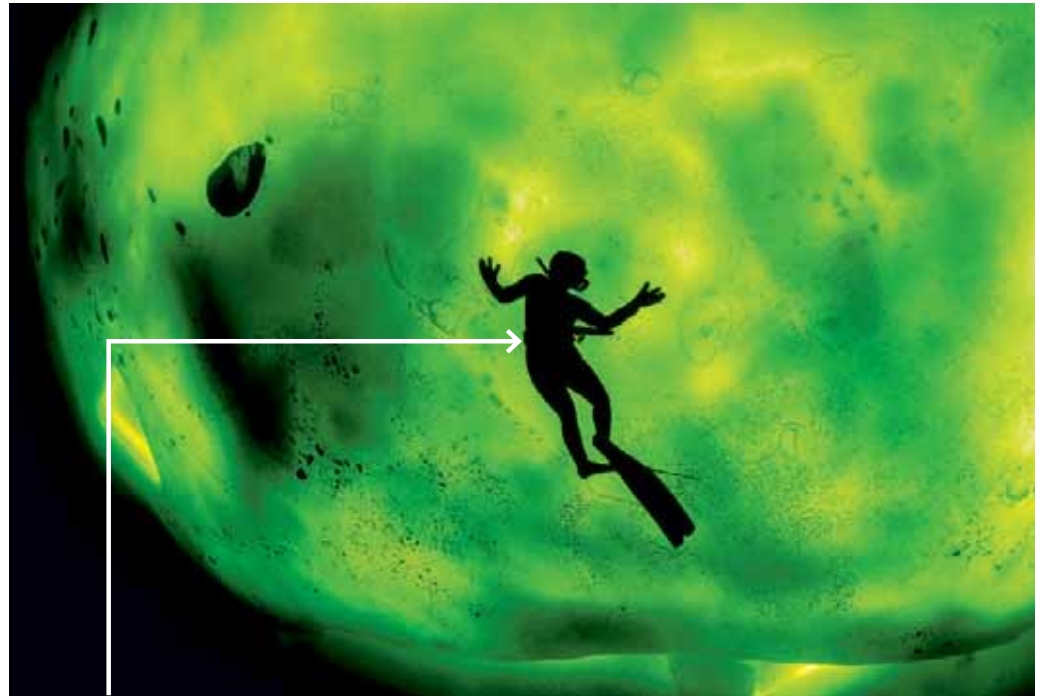
Usually crowded Interstate 405 is seen traffic-free on July 16, 2011.  
REED SAXON, FILE/THE ASSOCIATED PRESS

Hopes are high that next weekend will have the same happy result, as businesses and residents prepare to avoid the roadway that must close again so work can be completed on a bridge.

At Ronald Reagan UCLA Medical Center, just outside the Carmageddon Zone, officials plan to house as many as 300 doctors, nurses and other staff members in dorms at nearby hotels so nobody will have trouble getting to work.

THE ASSOCIATED PRESS

# Alien world in the Arctic abyss



GEORGE KARBUS/SOLENT

## Underwater photo

### Otherworldly shot of northern lights

It's the northern lights, but like you've never seen before.

This shot by photographer George Karbus shows a diver's silhouette against the backdrop of aurora borealis, seen through a thick sheet of ice in the cold waters of the Arctic Circle.

"Cold, beauty, adventure" — the three words that encapsulate his image, Karbus said, adding his biggest ambition is, "to capture beauties of our fragile world and show everyone the real treasures of life." METRO

## Q & A

### 'Just too beautiful'

Photographer George Karbus, 33, from Lahinch, County Clare, Ireland, talks to Metro.

#### Where did you take this image?

The White Sea in Russia, inside the Arctic Circle. It took two days by train to get to the spot by the White Sea. My girlfriend Kate Hamsikova and I set out with a guide on a snowmobile. We went diving after cutting through ice about one metre thick. One dive I noticed that Kate was upside down just under the ice pretty far from the hole we cut out, playing with little bubbles. I dove

down for about eight metres to get this beautiful perspective of ice formation with Kate's silhouette.

Part of me wanted to enjoy the lights without taking photographs, but it was too hard to resist. It was just too beautiful.

#### What was the biggest challenge for you?

The cold water at around -2 C. Also, for the picture we dove without any rope lines. Normally when you're diving you need a rope so that you know where to return to, so it can be quite dangerous without it.



GEORGE KARBUS  
Photographer

## Photo in detail

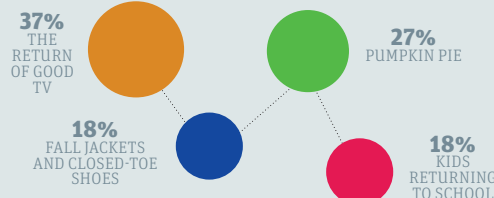
• **Equipment used.** Karbus wore a 7 mm freediving wet suit and used a Nikon D700 with a fisheye lens inside a Subal underwater housing device.

• **Water fan.** "I love the ocean and like to be there every day," said Karbus, who lives in Lahinch on the Atlantic coast. "I like to use my physical abilities and get with my camera in extreme angles to photograph big marine creatures."



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

## It's officially fall — what are you most excited about?



## Twitter

@brittanykeating:

Why have hangovers in Halifax so far been so much worse than Newfoundland hangovers? #depressing #homesick

@KyleDimmock:

Anyone in #Halifax looking for somewhat quiet, working roommates? Just don't wake us up early on Sunday mornings and clean after yourselves

@StephaniePelley:

A 5k obstacle course where

you're running from #zombies topped off with a music festival? How do we make this happen in #Halifax?

@FitzpatJamie:

And the sun breaks through, just in time for Word on the Street. Nicely played, Halifax. #WOTShfx12

@AllyCanada:

How to get your teenager to put his things away - Pile it all on his bed! LOL #halifax





# HALIFAX GOLD

**We Strive to Be Halifax's Choice  
For Selling Gold and Silver.**

Don't be fooled by recycling and road show events any longer. We offer significantly higher prices and we stand behind our promise to offer you the highest prices guaranteed. Breathe easy and sell with confidence. Visit us today and be pleasantly surprised.

## WE PROMISE YOU...



### The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 50% of the difference!

Terms and Conditions can be found at  
[halifaxgold.ca/price-guarantee](http://halifaxgold.ca/price-guarantee)

### Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

### How it Works...

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

## WHAT WE PAY

### Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	1,647.58/coin
9999 Canada Maple leaf, less than 1 ounce	\$52.98/g
24k Jewellery	\$39.04/g
22k	\$35.76/g
E. Indian/Nuggets	\$31.70/g
18k	\$29.28/g
14k and dental	\$22.67/g
10k	\$16.24/g
9k	\$14.64/g
8k/antique gold	\$9.76/g

### Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,595.55
Gold 10 ounce (Recognized)	\$15,868.83
Gold 1kg (Recognized)	\$51,018.29
Gold bars, less than 1 ounce (Recognized)	\$51.03/g
999 Gold bar (Unrecognized)	\$49.63/g

### Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver, Sealed)	\$32.56/coin
-------------------------------------	--------------

### Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.69/g
Stamped Sterling Silver Jewellery	\$0.65/g
Mexican Silver stamped 925	\$0.54/g
Stamped 800 Silver	\$0.53/g
Unstamped scrap silver	\$0.35/g
Other silver coins	\$0.74/g

\*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-09-21, 19:21:38 PM

### Example Purchase 1:

Purity: 14k • Weight: 193.50g

**PRICE: \$4,386.65**



### Example Purchase 2:

Purity: 24k • Weight: 6.42g

**PRICE: \$250.64**



### Example Purchase 3:

Purity: 14k • Weight: 183.30g

**PRICE: \$4,155.41**

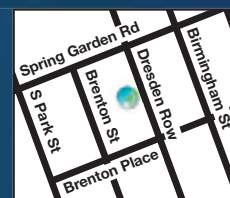


# 902.444.7233

1461 Brenton St, Halifax

Monday to Saturday 9am to 5pm. Other times by appointment.

[www.halifaxgold.ca](http://www.halifaxgold.ca)





## SCENE 2

Christina Hendricks of *Mad Men*. THE ASSOCIATED PRESSZoey Deschanel of *New Girl*. THE ASSOCIATED PRESS

# Stars sizzle on the red carpet

**Emmys.** Louis C.K. wins award for best comedy writing; *Modern Family* racks up awards for best supporting actors and director in a comedy

Sofia Vergara ramped up the sizzle Sunday night on the Emmy Awards red carpet that already had TV's biggest stars talking about just how hot they were because of the sweltering temperatures in Los Angeles.

Vergara wore a teal-coloured gown by Zuhair Murad with beads all over and a cutout reverse halter neckline.

She helped fuel the trend toward bright, bold colour that was also worn by pregnant Claire Danes in strapless daffodil-yellow Lanvin.

Jonn Hamm of *Mad Men* and his girlfriend Jennifer Westfeldt. THE ASSOCIATED PRESSAmy Poehler of *Parks and Recreation*. THE ASSOCIATED PRESSLena Dunham, creator of *Girls*. GETTY IMAGES

New Girl star Zoey Deschanel had a manicure with little TV sets on her thumbnails — perhaps the kind of thing “E!” had in mind for its mani-cam that had stars walking their fingers down a tiny red carpet.

As for the winners, they included Eric Stonestreet for best supporting actor on *Modern Family*; Louis C.K., for his writing on the comedy series *Louis*; Julie Bowen, for best supporting actress on *Modern Family*. *Modern Family* also won best directing of a comedy series, while Julia Louis-Dreyfus snagged best actress for her work on HBO's *Veep*, and Jon Cryer

of *Two and a Half Men* won the best male lead in a comedy series.

In the reality TV category, Tom Bergeron of *Dancing With the Stars* was deemed the best host.

Claire Danes won best actress in a drama series for *Homeland*, which also picked up an award for best writing in a drama series.

Aaron Paul, of AMC's *Breaking Bad* won best supporting actor in a drama series. THE ASSOCIATED PRESS



Kenley Collins THE ASSOCIATED PRESS

On the web



Qriket

For more red carpet looks and a complete list of Emmy-award winners, scan the code above or visit [metronews.ca](http://metronews.ca).

## Believe In Your Future

Be ready for a small business career in 5 months

In addition to working in any organization, the specialized small business program prepares you to set up and manage your own small business. Small business development, management, marketing concepts, sales techniques, and the preparation of a business plan complete the primary ingredients in this program's recipe for success.

Open House  
Oct 10  
6-8 pm

Limited Seating. Call today!

**Maritime Business College**

463-6516 • [maritimebusinesscollege.ca](http://maritimebusinesscollege.ca)

145 Ochterloney Street, Dartmouth







Glen Hansard. GETTY IMAGES

# Singer captures melancholy on his first solo album

**Glen Hansard.** Irishman best known for *Once* retreats to Manhattan after breakup and comes up with a few new songs

CHRIS  
LEO PALERMINO  
Metro World News in Boston

After winning a Grammy and an Oscar, fronting two successful indie folk acts and starring in and composing the soundtrack for a critically acclaimed motion picture, what else could a musician and actor possibly want to accomplish?

In Irishman Glen Hansard's case, it was recording his first solo album at the age of 43.

Rhythm and Repose, the result of Hansard's year-long stay in Manhattan, captures

the melancholy of his recent past. After breaking up with Marketa Irglova, who was part of Hansard's folk rock duo The Swell Season and co-star of *Once*, he retreated to the boundless confines of New York.

"I took a holiday from music, rented a place in New York because I liked the idea of being still," he says, "and New York's a great place to be still in."

He has an unusual definition of still, though. Intermingled with days of sleeping late, going to galleries and biking, he wrote some songs. Enough songs, he realized, to make a solo album.

"I didn't plan on making a solo record yet, but I was taking some time out just to look around and experience things, and the songs happened in that time of repose," says Hansard.

**'Once' upon a time**  
Hansard was a guest on Ed-

## Quoted

**"If I die being the guy who wrote songs for *Once* ... I won't mind."**

Singer and actor Glen Hansard

die Vedder's solo ukulele album and opened on several of the Pearl Jam singer's tour dates, which he continues to do after his own dates this month.

"I was honoured," he says of opening for Vedder. "It was great being unknown and playing to attract new fans."

Hansard began his musical career more than 20 years ago with The Frames. While they haven't recorded since 2006, Hansard has worked with Frames bassist John Carney, who directed him in *Once*.

The low-budget film has since been turned into Broadway play that won eight Tony awards this year.

**"The world's best socially relevant perfume."**

- Sean Wise, Business Advisor, CBC's *Dragons' Den*



**ON EARTH**



In honour of

**International Day of Peace**

Please join W. Brett Wilson and Barb Stegemann

as they launch **The 7 Virtues**

**Middle East Peace Eau de Parfum**

Noon to 1pm, September 25th

The Bay at Mic Mac Mall



**THE 7 VIRTUES**

the **Bay**  
THEBAY.COM

**the7virtues.com**





Amanda Bynes ALL PHOTOS GETTY IMAGES

## Everyone is leaving Amanda Bynes

Things don't seem to be getting any better for Amanda Bynes. After be-

ing pulled over at the Burbank airport last week and having her car impounded, the actress has been charged with two counts of driving on a suspended license, according to TMZ.

On top of that, the troubled former child star was reportedly dropped by her agent, publicist and lawyer — all within the last few weeks — because she'd become "extremely difficult" this year. But a source close to Bynes says the actress isn't worried, since she's looking to transition from acting to fashion anyway.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Me Tarzan, you gum chewer



THE WORD  
Dorothy Robinson  
scene@metronews.ca

It's all gum all the time for Kellan Lutz — with a few starring roles thrown in.

Last Wednesday, the Twilight star popped up at Helen Mills, a theatre and event space in New York, to launch his latest endeavor: Being the enthusiastic spokesperson for iD gum, a new brand of the chewy stuff that's geared to teens.

"Who would have thought 10, 20, 50 years ago that gum would be an accessory? Now it is. Now it's cool to show that you have gum versus hiding a piece of gum for your breath. Now it's like, 'Oh you've got some iD gum?'" the actor asked philosophically.

The collaboration between Lutz isn't just for profit, mind you. "I only want to stay true to my brand and do great quality products, which this is. I'm a huge fan of the gum. I love gum," he told a group of reporters about his decision to lend his name to iD.

Dude loves gum, am I right? So much so that even when we were able to get him off message to talk about what's next for his



career, we couldn't help but read in between the lines (quotes in bold belong to The Word).

"It's bittersweet," he says about the end of Twilight (and possibly a new flavour of gum). He continued: "It feels like a closing of a chapter but in a way it's like your last days of high school — you're really looking forward to college and I'm really looking forward to that (like I'm looking forward to this piece of iD gum). It's been great having my own project now, to (chew delicious gum and) be the lead in Tarzan (a character who wasn't fortunate enough to be alive when gum was so accessible, but I think he chewed on pine bark of some sort). Hopefully we can franchise that. It's going to be great (just like this piece of iD gum I'm waiting to chomp on)."

WITH ADDITIONAL REPORTING BY  
OLIVIA MORROW



Lady Gaga

## Gaga talks weight, dad's new restaurant

Lady Gaga admits that she's put on some weight lately, but she's not stressing out about it.

"I'm dieting right now because I gained, like, 25 pounds," she says in a radio interview, according to the Huffington Post. "And you know, I really don't feel bad about it, not even for a second." While she's had a rather hectic

tour schedule, she says part of the cause may be closer to home.

"I love eating pasta and pizza. I'm a New York Italian girl," Gaga says. "That's why I have been staying out of New York. My father opened a restaurant. It's so amazing, it's so freaking delicious, but I'm telling you I gain five pounds every time I go in there."

### Twitter



@TheRealNimoy  
Senior Quinto. Dinner soon?



@ZacharyQuinto  
sunset between highland and crescent is really its own particular brand of crazy.



@jackiejcollins  
Channing Tatum is good to look at



@SarahKSilverman  
Dear men, I love you to pieces. So trust me when I tell you you've gotta stop wearing cologne immediately

**101.3 THE BOUNCE**

**f15 minutes of fame!**

Call 420-1013 weeknights to co-host the Interactive NINE@9 with Ruby!

Discovered this week:

- ★ Brittany from Porters Lake
- ★ Peter from Halifax
- ★ Tyler from Sackville
- ★ Tricia from Cole Harbour

Interactive NINE@9

1013TheBOUNCE.com  
info@1013thebounce.com

Get the BOUNCE Mobile app here

**YOU COULD WIN**

A PASS FOR TWO TO THE SPECIAL ADVANCE SCREENING OF **WINNIE**

TO REGISTER AND FOR FULL CONTEST DETAILS VISIT [clubmetro.com](http://clubmetro.com)  
Don't forget to like us on Facebook! [facebook.com/clubmetrohalifax](https://www.facebook.com/clubmetrohalifax)

VISIT [clubmetro.com](http://clubmetro.com) TO ENTER

**NEED COOL DESIGN TIPS?**

Read [metrohome](http://metrohome.ca) every Thursday.

[metronews.ca](http://metronews.ca)

**YOU COULD WIN**

A PASS FOR TWO TO THE SPECIAL ADVANCE SCREENING OF **SINISTER**

IN THEATRES OCTOBER 12

TO REGISTER AND FOR FULL CONTEST DETAILS VISIT [clubmetro.com](http://clubmetro.com)  
Don't forget to like us on Facebook! [facebook.com/clubmetrohalifax](https://www.facebook.com/clubmetrohalifax)

VISIT [clubmetro.com](http://clubmetro.com) TO ENTER



# Looking for ways to bring more joy to life at home? Clean up



Gretchen Rubin is the author of *Happier at Home*. SUBMITTED

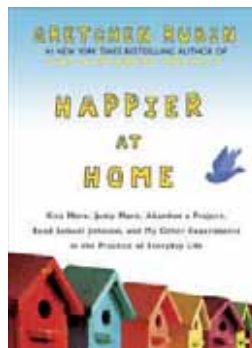
**Book.** Gretchen Rubin, author of the *Happiness Project*, is back with a new book, *Happier at Home*. The following is an excerpt from the book.

For me, fighting clutter is a never-ending battle; although I'd labored to clear clutter as part of my first happiness project, I was eager to find additional strategies to stop its insidious progress. Inspired by William Morris's rousing call to "Have nothing in your houses that you do not know to be useful, or believe to be beautiful," I resolved to "go shelf by shelf," then drawer by drawer, then closet by closet, to consider each of our possessions.

Did one of us use it or love it? Would we replace it if it were broken or lost? If so, was it in the right place? If not, why keep it?

Years ago, I started keeping a list of my Secrets of Adulthood — the large and small lessons I'd mastered as I'd grown up. Recent additions included:

- Just because something is fun for someone else doesn't mean it's fun for me.
- It's enormously helpful, and surprisingly difficult, to grasp the obvious.
- You need new friends and old



friends.

- The quickest way to progress from A to B is not to work the hardest.
- It's easier to prevent pain than to squelch it (literally and figuratively).
- Where you start makes a big difference in where you end up.
- The opposite of a profound truth is also true.
- A change is as good as a rest.
- It's more important to say something than to say the right thing.
- The best reading is rereading.

One of the most helpful of these Secrets of Adulthood holds that "Outer order contributes to inner calm." Why is this true? Perhaps it's the tangible sense of control, or the relief from visual noise, or the release from guilt. In the span of a happy life, having a messy desk or an overflowing

closet is clearly trivial, and yet creating order gives a disproportionate boost of energy and cheer. (Of all the resolutions that I've proposed, which one do people most often mention that they've tried, with great success? The resolution to "Make your bed.") EXCERPTED FROM *HAPPIER AT HOME*. COPYRIGHT 2012 GRETCHEN RUBIN. PUBLISHED BY DOUBLEDAY CANADA, AN IMPRINT OF THE DOUBLEDAY CANADA PUBLISHING GROUP, WHICH IS A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

## Read it

*Happier At Home* is available at bookstores everywhere and [Randomhouse.ca](http://Randomhouse.ca)

## Exclusively online

[metronews.ca/voices](http://metronews.ca/voices)

- **The name game.** How do you choose a baby name that's original but easy to pronounce, sophisticated but unpretentious, and would look good on the ballot for Prime Minister? Follow along with the comedic (mis) adventures of mommyhood online with *Reasons Mommy Drinks* at [metronews.ca/voices](http://metronews.ca/voices)

# Before you pack up the fam and hit the road...



**IT'S ALL RELATIVE**  
Kathy Buckworth,  
[kathybuckworth.com](http://kathybuckworth.com)

Family travel is a great way to combine fun and learning for:

While no one can guarantee your family vacation will be perfect, try to ensure you make the most of it by mixing the historic (learning) and the hysteric (fun):

- Check out the school curriculum and see if there is a fit to

what the kids are studying.

- Get some appropriate age level books about where you're travelling. Read them together.
- Introduce some typical foods of the country you're going to visit, prior to going, so they seem somewhat familiar to the

kids when you get there.

- Visit the websites for the tourism boards of the places you're going, and if you can, the hotels you'll be staying.
- Pick out a few local customs and explain how they came about, and why they're import-

ant to the country's residents.

- Prepare a quiz for the car or plane ride about where you're going, and afterwards, what you saw. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT [KATHYBUCKWORTH.COM](http://KATHYBUCKWORTH.COM), OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH**

**NEED A RIDE?**

Read [metrodrive](http://metrodrive) every Wednesday.

**Child and Youth Care Worker**

Make a Difference.

October seats still available!  
**1-866-429-3494**  
**[successcollege.ca](http://successcollege.ca)**

**SC Success College**  
Get Ready.

# 3

# FREE

On the web



Qriket

Scan this code or visit [metronews.ca/voices](http://metronews.ca/voices) to find out why choosing a baby name is one of the most stressful things about being pregnant.



# Retire the chicken-noodle combo and give trout a taste

Several thousand years ago, people discovered that exposing fish to intense amounts of salt and smoke was a great way of preserving the catch for later.

Today, our smoking techniques are considerably more refined, and we do it more for flavour than as a means of preservation. And that makes it a shame more people don't think to reach for smoked

fish as an effortless way to add gobs of flavour to the foods they love.

Change that with this recipe for Smoked Trout Noodle Soup, which isn't as strange as it sounds.

Smoked trout has a meaty texture similar to chicken. And the rich, smoky flavour is the perfect match for a soup thick with noodles.

1. In a large saucepan over medium-high, heat the oil. Add the garlic, carrots, onion, celery, peas, thyme and rosemary. Sauté for 5 minutes.

2. Add the chicken broth and bring to a simmer. Add the pasta and cook for 7 to 8 minutes, or until barely tender. Remove and discard the rosemary stem. Add the spinach and scallions and heat for 30 seconds. Season with salt and pepper.

3. Using a fork, flake and break up the trout into large bite-size chunks. Ladle the soup into serving bowls, then pile a bit of the trout in the centre of each.



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

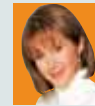
## Ingredients

- 2 tbsp olive oil
- 1 clove garlic, minced
- 3 medium carrots, peeled and chopped
- 1 large yellow onion, diced
- 2 stalks celery, chopped
- 1 cup frozen peas
- 1 tbsp chopped fresh thyme
- Large sprig fresh rosemary
- 6 cups (1 1/2 quarts) chicken broth
- 2 cups elbow pasta
- 2 cups baby spinach
- 2 scallions, whites and greens, chopped
- Salt and ground black pepper
- 8-oz package smoked trout

THE ASSOCIATED PRESS

## Healthy eating

### Choose it and lose it



ROSE REISMAN  
for more, visit  
rosereisman.com

When burgers are loaded with cheese and bacon, you're just asking for an overload of all things unhealthy.

### Wendy's Baconator

1,340 calories/ 91 gm fat/ 39 g saturated fat/ 2,840 mg sodium

You'll be lucky if you make it out of the restaurant without going into cardiac arrest after eating this burger's three patties, three cheese slices and nine bacon pieces.



### Equivalent

Aside from being equivalent in fat to 10 Kobe style beef sliders from Milestones, Wendy's Baconator is also more than an entire day's worth of non-nutritional food.



### Wendy's 1/2 Pound Double

880 calories/ 49 gm fat/ 1,450 mg sodium

Splurge on half a pound of meat, which is close to half the calories, fat and sodium. That's still high for a meal but an improvement.



## Ingredients

- 10 cups (2.5 l) peeled and 1-inch (2.5 cm) cubed sweet potatoes
- 3 cups (750 ml) peeled, cored and quartered Ontario Spartan apples
- 1/2 tsp (2 ml) cinnamon
- 1 long red chilli pepper, left whole, ends removed
- 5 tbsp (75 ml) canola oil
- 1 tbsp (15 ml) salt
- 2 tsp (10 ml) black pepper
- 2 tbsp (30 ml) unsalted butter
- 2 cups (5 ml) peeled and chopped onion
- 3 fresh thyme sprigs
- 3 cups (750 ml) milk
- 4-1/2 cups (1.125 l) cold water
- 2 tsp (10 ml) cider vinegar
- Spiced walnuts**
- 1 tbsp (15 ml) unsalted butter
- 2 fresh thyme sprigs
- 1/4 tsp (1 ml) ground cinnamon
- 1/4 tsp (1 ml) cayenne pepper
- 1 cup (250 ml) walnut halves
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper

# Harmonious blend of apples, potatoes & spices

A delicious mix of sweet Spartan apples, creamy sweet potatoes, savoury spices and hot chillies, this velvety soup provides much needed balance.

1. For the Soup: Preheat oven to 400 F (200 C).

2. In bowl, add sweet potatoes, apples, cinnamon, chilli pepper and oil. Season with salt and pepper and stir until well com-

bined. Line baking sheet with foil. Spread potato and apple mix evenly on baking sheet and place in preheated oven. Roast 45 minutes, stirring occasionally, until apples and sweet potatoes are golden and tender.

3. In pot over medium-high heat, add butter and melt completely. Add chopped onions and thyme and sauté 5 minutes or until onions are tender

and lightly golden. Add roasted potato and apple mix milk and water. Decrease heat to medium; simmer 30 minutes.

4. Once simmered, remove the chilli and thyme sprigs and discard. Purée soup with a blender or hand blender until very smooth. Just before serving stir in cider vinegar and season with salt and pepper.

5. For the spiced walnuts: While the soup is simmering, heat a small frying pan over medium heat, add 1 tbsp (15 ml) of butter and let melt completely. Add thyme sprigs, cinnamon, cayenne, walnuts, salt and pepper. Continue to sauté for 4 to 5 minutes, stirring frequently until walnuts are golden and fragrant.

6. Serve soup piping hot with

a garnish of warm spiced walnuts. NEWS CANADA

## Career Bear

I've got details on flexible careers, jobs with the fastest salary growth, keys to loving your job and the schools and tools in your area to help you become what YOU want to be.

Don't just dream about your new career...

Get there with **CareerBear.com**



Go to **CareerBear.com**  
for your chance to

# WIN

1 of 4 weekly prizes of an Apple Macbook Pro with Retina display!

"Apple" and "MacBook Pro" are trademarks of Apple Inc. Apple Inc. is not a sponsor of, nor a participant in this promotion. To register and for full contest details, visit clubmetro.com



# Catch customers in your wonderful web

**That's out of site!**  
How to make the most of your online efforts

Imagine you own a shoe store. It's in a busy shopping mall and has an inviting storefront with an attractive sign and window displays. You're almost guaranteed traffic — and probably sales, too, if you've got halfway decent products and prices.

Now picture that same shoe store on an out-of-the-way country road with a grimy window and a crooked sign. It doesn't matter how great your footwear is. You probably won't have enough customers to stay in business.

Now ask yourself which of those two stores most resembles your company's website. In today's business world, your website is your storefront. It could be the main way customers are finding you and forming an impression about you.

A properly designed site is especially important if your business is growing and you are trying to improve your profile. But many small businesses don't devote a lot of effort to



**Prioritize your online domain and watch your customer base multiply.** ISTOCK

optimizing their site to ensure it's easily found via internet search engines and geared to help make sales.

## Sites need improvement

"A well-designed site can help your company compete effectively with businesses that have deeper pockets and larger marketing budgets," says Michel Bergeron, Senior Vice President, Marketing and Public Affairs at the Business Development Bank of Canada.

Ranking high in search engine results is vital for your visibility online, Bergeron says. People rarely venture beyond the first page of a Google search result. Indeed, research indi-

cates that websites appearing on the first page attract 90 per cent of the traffic.

Having a poorly optimized website can be a problem even if most of your sales don't happen over the Internet, says Mark Evans, a leading Canadian digital marketing and startup consultant.

"The Internet is the way most people discover new products and services."

Happily, small businesses can use simple, inexpensive tools to help level the playing field with large businesses, Evans says. "A small, agile, creative company can be as effective online as a big company."

NEWS CANADA

## The In-Credibility Factor

**Name:** Terry Beech  
**City:** Vancouver  
**Age:** 31  
**Occupation:** Co-founder and CEO of HiretheWorld



**THE IN-CREDIBILITY FACTOR**  
Teresa Kruze  
life@metronews.ca

As the youngest elected official ever in Canada (he was a city councillor for Nanaimo, B.C. when he was 18) Beech went on to co-create HiretheWorld. The online company is a marketplace for graphic design attracting designers from 132 countries.

**I knew I was on my way when...** I started running into happy customers. I'd be driving downtown and see a restaurant storefront that was entirely designed on my site. I flew to Heathrow in London and I had my HiretheWorld shirt on. A lady ran up to me and told me that her company logo had been done on my site.

A large majority of our business is word of mouth. We want to grow, grow, and grow. We want to expand



**Terry Beech PROVIDED**

internationally and I'm excited about all the other entrepreneurial opportunities out there.

## Action Plan

- Have an intense focus on value creation. Think about how you can make a person's life better rather than make another dollar. If you provide value to the consumer then the money will come.

- Surround yourself with amazing people who love what they do. Being

an entrepreneur is hard enough and you don't need to waste your time and energy with employees who are just adequate. If you want to be a rock star surround yourself with rock stars and your odds of success will exponentially increase.

- Do not develop a fear about what other people think of you because it will prevent you from taking risks. I never regret the risk that went badly but I regret the risks I didn't take because I was playing it safe.



## Sales Professional

Don't just get a job. Start a rewarding career.

We currently have an opening for a sales professional with integrity that is energetic and ambitious. We provide excellent structured training in the classroom, in the field and on line. If you desire the opportunity to help others while earning a substantial income, please contact us.

When you join our team, you'll have a long-term career opportunity assisting families and individuals with their advance funeral and cemetery arrangements. You can feel GREAT about what you're doing, and get paid well while doing it.

Your responsibilities will include making sales presentations, networking, getting referrals, and presenting group informational seminars. This is a sales position with substantial income earning potential.

### We offer:

- Professional Training
- Full Benefits for those that qualify
- Management/Advancement Opportunities
- Flexible Hours

### Job Requirements/Qualifications:

- Integrity
- Ability to work well as part of a team or independently
- Creativity and High energy
- Experience presenting in front of large groups
- Good driving record
- Solid work history
- Some sales experience is preferred but not required

As an associate you'll be joining a network of service providers who are dedicated to the core values of integrity, respect, service excellence and enduring relationships. Do you want to make a difference? Are you looking for a compassionate and dignified career? If so, don't just make a move. Let us help you take your career to the next level.

Please e-mail your cover letter and resume to:  
David.Geiger@DignityMemorial.com

Equal Opportunity Employer, M/F/D/V.

CANADA'S LARGEST INTERNATIONAL UNIVERSITY AND STUDENT TRAVEL EXPO

# STUDY AND GO ABROAD FAIRS

STUDY • TRAVEL • WORK • VOLUNTEER

Sunday  
**September 30**  
1 pm - 5 pm

Halifax World Trade and Convention Centre



Scan here to pre-register online and enter our Grand Prize Draws



**www.studyandgoabroad.com**

SPONSORED BY





# WagJag.com

GET DEALS ON THE GO!



IPHONE APP



ANDROID APP

## 50-90% Off Local Daily Deals



Buy For:

# \$49

2 OR 4 HOURS OF WINDOW CLEANING,  
OR HIGH WINDOW CLEANING FROM  
FAKOLSON PORTERS

FAKOLSON PORTERS

BUY FOR: \$49

80% OFF A CONVERTIBLE DRESS  
WRAP MAGIC SKIRT



BUY FOR: \$9

64% OFF REAL FEATHER HAIR EXTENSIONS  
FEATHERED



BUY FOR: \$15

73% OFF IPAD COVER AND MORE  
DBG CLOTHING INC



## WagJag.com and TELUS®

Are Proud To Work Together To Give TELUS Wireless Subscribers

### \$10 WagJag Credit Every Month!

Visit [www.wagjag.com/telus](http://www.wagjag.com/telus)



Visit: **WagJag.com**

Follow us:



facebook.com/wagjag  
@wagjag



AUS soccer

## Capers fall at Huskies Stadium

The Saint Mary's Huskies hammered the Cape Breton Capers 5-1 on Sunday at Huskies Stadium to move into a first-place tie atop the Atlantic University Sport men's soccer standings.

Saint Mary's (4-0-1) will look to break a tie with the Acadia Axemen (4-1-1) when the two teams meet in Wolfville on Wednesday.

In other men's action on Sunday, the Dalhousie Tigers improved to 2-2-2 with a 5-1 win over the Memorial Sea-Hawks at Wickwire Field.

In women's action, Dalhousie blanked Memorial 6-0. The Tigers improved to 3-2-1, tied for third in the AUS. Saint Mary's (1-3-1) lost 2-1 to Cape Breton. **METRO**

AUS hockey

## Saint Mary's takes Don Wells tourney

The Saint Mary's Huskies won the Don Wells memorial pre-season men's hockey tournament on Sunday in Wolfville. Brad Smith scored twice, including the overtime winner, and added an assist as the Huskies beat the Carleton Ravens 3-1 in the championship game.

**METRO**

NSSBL

## Moose Dry look for title in Game 4

Dartmouth Moosehead Dry will look to wrap up the Nova Scotia Senior Baseball League final on Monday at 7:30 p.m. at Beazley Field. Dartmouth is up 3-0 on the Kentville Wildcats in the best-of-seven series but weather has delayed the fourth game since last Wednesday. **METRO**



Saint Mary's running back Melvin Abankwah is brought down by a tackle from Alexander Graham of Acadia on Saturday. JEFF HARPER/METRO

# Huskies chewed up by champion Axemen

**AUS football.** Saint Mary's new-look offence makes inroads, but Acadia proves superior



**MATTHEW WUEST**  
matthew.wuest@metronews.ca

There's good news for the Saint Mary's Huskies: Their offence has a pulse. But there's plenty of bad news: They're 0-3 and facing an uphill battle to get to the playoffs.

With quarterback Drew Jacobson leading an improved offence in his career debut,

Saint Mary's lost another game on Saturday afternoon at Huskies Stadium, falling 26-10 to the defending Atlantic University Sport football champion Acadia Axemen.

Jacobson, in his first year at Saint Mary's, was 20-of-38 for 197 yards and a touchdown, nearly tripling the team's offensive yardage from the previous week as the Huskies adjust to life without injured starter Jack Creighton.

"I was a little nervous going in — I made some rookie mistakes in the beginning and then I started pulling it together, getting used to the pace of the game and the window you're throwing into," said Ja-

cobson, a Brooks, Alta., native who was intercepted twice.

"This is a good team we're playing against. The scoreboard may indicate we did lose, yeah, but we did a lot of positive things and we'll pull it together from here."

Jacobson ended a drought of nine straight quarters without a touchdown when he hit Kevin Wuthrich for a 30-yard strike at 11:28 of the third quarter. But the Axemen, still leading 12-7 at that point, took over from there, riding the strong play of quarterback Kyle Graves.

If nothing else, the Huskies' offensive improvement is something to build on. Run-

ning back Melvin Abankwah — who rushed for 70 yards and caught eight passes for 56 more — said he saw "poise and patience" from Jacobson, who in turn commended the team's playmakers for a strong outing.

"Our receivers made some very good plays on the ball — they were giving me good windows and good routes and allowing me to put the ball in position for them catch it," Jacobson said.

Huskies head coach Perry Marchese confirmed the obvious after the game, saying Jacobson will start Saturday when the Huskies visit the St. Francis Xavier X-Men (1-2).

# Mooseheads blast out of starting gate



Mooseheads forward Andrew Ryan, middle, looks to clear the puck on Sunday in Charlottetown. NIGEL ARMSTRONG/CHARLOTTETOWN GUARDIAN

The Halifax Mooseheads showcased their offensive firepower on the QMJHL's opening weekend.

The Mooseheads scored 12 goals, including three while short-handed, and fired 91 shots on goal in a pair of road victories, blasting the P.E.I. Rocket 8-1 on Sunday and taking down the Cape Breton Screaming Eagles 4-3 in overtime on Friday.

The line of Nathan MacKinnon, Jonathan Drouin and Stefan Fournier led the way, dominating on Sunday with four goals and 11 points while sweeping the three-star selections.

"We're certainly happy with the four points," said Moose-

heads head coach Dominique Ducharme. "We really liked the way we played in Cape Breton, and today we started slow, but from the mid-point on we really took control."

MacKinnon and Ryan Falckenham scored short-handed goals in the opening 11 minutes on Sunday to give Halifax a 2-1 lead after the first period and the Mooseheads exploded for five goals in the second period.

Drouin, MacKinnon and Fournier all found the net in the second as did forwards Matthew Boudreau and Brent Andrews. Defencemen Trey Lewis topped off the win with a goal in the third.

Ducharme said the new top-line trio is "going to be having those kinds of nights" and said Fournier is creating "space for Jo and Nate to be working around."

"It's a really good start, but I'm sure we'll see the chemistry developing between them throughout the year," he said.

The penalty kill was a huge bright spot, not only scoring three short-handed goals but also killing off all eight power plays against. It actually outscored the power play, which was two-for-10.

The Mooseheads host the Gatineau Olympiques on Friday at 7 p.m.

**MATTHEW WUEST/METRO**

# 4 SPORTS

Mobile sports



Qriket

**Manny Pacquiao has made another concession in offering to take less money and relent top billing in order to entice Floyd Mayweather Jr. into the ring, yet boxing's long-awaited super-fight is still far from a sure thing.**

**MoneyProvider.com**  
**\$500 Loan**  
*and more*  
No credit refused  
Fast, easy and secure  
**1-877-776-1660**  
[www.moneyprovider.com](http://www.moneyprovider.com)





T.J. Grant, left, of Cole Harbour, fights Evan Dunham during the lightweight bout at UFC 152 in Toronto on Saturday. NATHAN DENETTE/THE CANADIAN PRESS

# Bless this mess: Grant wins in T.O.

**MMA.** Local fighter bloodies opponent Dunham in UFC 152's Fight of the Night

Cole Harbour mixed martial artist T.J. Grant kept his UFC winning streak alive and pocketed a big bonus cheque on Saturday night in Toronto.

The 28-year-old won his third straight lightweight fight at UFC 152 at Air Canada Centre, defeating Evan Dunham by unanimous decision and pocketing a reported \$65,000 bonus for having the "Fight of the Night."

Grant won the bloody bout on judges scorecards 29-28, 30-27, 29-28, and improves his UFC record to 6-3. He started his career 3-3 at the higher welter-weight level.

"I feel awesome after that," Grant said. "It was a taxing



Roger Hollett, right, of Fairview, punches Matt Hamill during the light heavyweight bout at UFC 152 on Saturday. NATHAN DENETTE/THE CANADIAN PRESS

fight on both of us and we each did a lot of damage to one another. I think I had an edge in the exchanges and I definitely landed more body shots than Evan did."

Dunham had a cut over his eye in the first and was bleeding profusely from the forehead in the second after taking a knee.

It looked like he had taken an axe to the head. Grant was also

leaking blood, although it was hard to tell if it was all his.

Dunham, who fell to 6-3, refused to yield, however, and finished the bout on top of an exhausted Grant.

"A ridiculous decision," Dunham said.

Fairview's Roger Hollett, making his UFC debut, didn't fare so well. The 33-year-old lost a unanimous decision (29-28,

**By the numbers**

## \$65,000

Bonus reportedly won by T.J. Grant for being named UFC 152 "Fight of the Night" on Saturday.

30-27, 30-27) to veteran Matt Hamill.

Hollett, who began his career in Halifax in 2004, had won five straight fights coming into UFC 152.

"Hollett could have won this fight if he let his hands go," tweeted UFC President Dana White.

"Props to Hollett for taking it on short notice," he added.

Hamill, 35, came out of retirement for the fight and improved his career record to 11-4.

The card marked the UFC's 10th show in Canada and third in Toronto.

METRO/THE CANADIAN PRESS

## Jones drops Belfort in main event

A smiling Jon "Bones" Jones wore a simple Nike "Bones Knows" T-shirt to his pre-UFC 152 open workout.

The Nike sponsorship is one of the many things that separates the UFC light-heavyweight champion from almost all other MMA fighters.

The T-shirt may reference Bo Jackson's "Bo Knows" back-in-the-day campaign but comes across more unintentionally ironic.

At 25, Jones acknowledges

there is so much more to know — inside and outside the cage.

Jones (17-1) won again Saturday night, surviving an early submission scare to put veteran Vitor Belfort away by Americana (keylock) 54 seconds into the fourth round.

"I think it was a good performance, but there was definitely a lot of room to improve," Jones said.

As for outside the cage, Jones admits to making "a lot of dumb decisions" in his life.

A drunk-driving charge — he pleaded guilty and apologized — and a public row with president Dana White over whom he should fight at UFC 151 after an injured Dan Henderson pulled out top Jones' list of recent stumbles. UFC 151 was subsequently cancelled.

Jones remains a polarizing figure as evidenced when he entered the Air Canada Centre to a chorus of boos for his fourth title defence.

THE CANADIAN PRESS

## MLB. Jenkins a bright spot in latest Jays' loss

It was a memorable Sunday afternoon for Blue Jays rookie right-hander Chad Jenkins.

The 24-year-old Atlanta native welcomed his parents, who had driven down for his first major-league start at Tropicana Field, as he tried to help the Jays avoid a sweep at the hands of the Tampa Bay Rays. He was outstanding in a 3-0 loss that left the Jays with a 4-14 record for the season against the Rays.

"The (Jays) told me the day before we left for New York (last Saturday), they told me I'd be making a start in Baltimore and that I'd be going to Florida (Tuesday) to get stretched out," Jenkins said of his week prior to his starting debut. "I was warming up for the (simulated) game in Florida and they told me that I'd be starting Sunday now. It was a great experience. I'm excited."

Jenkins responded well. The former Jays first-round pick went five solid innings, allowing a solo homer to Evan Longoria

**Sunday's game**

3

Rays

0

Blue Jays

in the first inning — one of just two hits he surrendered — with a walk and four strikeouts.

Perhaps the Jays' best scoring opportunity came in the sixth inning. They loaded the bases against Jeremy Hellickson with two out. Rays manager Joe Maddon brought hard-throwing left-hander Jake McGee in to pitch to lefty hitter Kelly Johnson.

Instead of pinch-hitting for Johnson, who owns a .204 average against lefties, manager John Farrell left him in to hit. McGee froze Johnson for strike three. **TORSTAR NEWS SERVICE**



Toronto outfielders Colby Rasmus and Moises Sierra slam into the outfield wall after both went after a fly ball on Sunday in St. Petersburg, Fla. Rasmus made the catch, but the Jays lost 3-0 to the Rays. PHELAN M. EBBENHACK/THE ASSOCIATED PRESS

**NHL**

### Owners, union to discuss revenue

The NHL and NHL Players' Association are set to meet for the first time in nearly two weeks, but a discussion about a new collective bargaining agreement isn't on the agenda.

Instead, the sides will discuss the accounting for last season's hockey-related revenue when they sit down together Monday morning in Toronto.

It's the first time they've met since Sept. 12, when each side tabled a proposal.

Neither gained any traction.

The league enacted a lockout when the CBA expired three days later.

The work stoppage has already caused a delay in the start of training camps and prompted the cancellation of September's pre-season games.

THE CANADIAN PRESS

**MLB**

### Orioles regret missed chance against Red Sox

The Baltimore Orioles ended a successful road trip with a wasted opportunity to climb into a tie for the AL East lead.

When Ryan Flaherty struck out with the bases loaded in the ninth inning Sunday, the Red Sox had a 2-1 win and the Orioles headed home after going 6-3 on the journey to Oakland, Seattle and Boston.

"We needed this one. Obviously, going down to this last stretch every game is looked at as a must win," Adam Jones said. "We had a good road trip. We really, really wanted this one to finish off the road trip."

The O's remain one game behind the Yankees and lead the A's by a game for the top wild-card spot in the league.

THE ASSOCIATED PRESS



Jon Jones prepares to fight Saturday in Toronto. TORSTAR NEWS SERVICE



# Titans avoid Titanic collapse

**NFL.** Detroit's frantic comeback attempt falls short in wild overtime game in Tennessee

Call this one Music City Mayhem.

The Tennessee Titans are winless no more after an unforgettable overtime victory over the Detroit Lions featuring an endless stream of big plays and some suspect officiating.

Rob Bironas kicked a 26-yard field goal in overtime, and the Titans stopped backup quarterback Shaun Hill on fourth-and-1 at the Tennessee 7 to finally pull out a 44-41 win Sunday.

The Titans (1-2) blew a 20-9 halftime lead in a game featuring huge scoring swings. They became the first NFL team to score five touchdowns of 60 yards or longer in a single game.

Detroit scored 18 straight points, then Tennessee answered with 21 points before the Lions scored the final 14 of regulation in a span of 18 seconds — the first team to do



Titans quarterback Jake Locker passes as Lions defenders converge on him, Sunday, in Memphis, Tenn. JOE ROBBINS/GETTY IMAGES

that since at least 1983, according to STATS LLC.

The touchdown that forced overtime came on a tipped desperation pass after Detroit recovered an onside kick and got

an assist from the replacement officials who did not review a possible turnover.

"Both of us looked at each other and said, 'We've never been through something like

this in our lives,'" Titans coach Mike Munchak said of Detroit coach Jim Schwartz, a former colleague in Nashville. "It's hard to put in words what to say about that. We both

could've won in so many ways."

A total of 46 points came in the fourth period. Then in overtime, Bironas' third field goal put Tennessee ahead to stay.

THE ASSOCIATED PRESS

## Around the NFL

- **Chiefs 27, Saints 24 OT.** Ryan Succop kicked six field goals, one to force overtime in the final seconds and another from 31 yards to lift Kansas City to its first win and keep New Orleans winless.
- **Bills 24, Browns 14.** Ryan Fitzpatrick threw three touchdown passes and Buffalo overcame the loss of running back C.J. Spiller to snap an eight-game road losing streak.
- **Jets 23, Dolphins 20 OT.** New York's Nick Folk got a reprieve when his blocked field-goal attempt was negated by a timeout, and his second try was a successful 33-yarder with 6:04 left in overtime.
- **Texans 31, Broncos 25.** Matt Schaub outplayed Peyton Manning, throwing four touchdown passes for Houston against a confused Denver defence.

## CFL. Als roll over hurting Argonauts

Victor Anderson and Trent Guy each scored two touchdowns as the Montreal Alouettes tightened their grip on first place in the East Division on Sunday with a 31-10 win over the Toronto Argonauts, who lost quarterback Ricky Ray to injury.

Montreal (8-4), with its sixth win in seven games, moved four points clear of second-place Toronto (6-6).

Ray left in the opening quarter after he collided with a teammate.

THE CANADIAN PRESS

# Riders make good on stopping Cornish



Riders quarterback Darian Durant, left, and slotback Weston Dressler celebrate a second-half touchdown on Sunday in Regina. LIAM RICHARDS/THE CANADIAN PRESS

Joe Lobendahn may have saved somebody's job.

The Saskatchewan Roughriders' middle linebacker made five defensive tackles and a game-changing interception for the Saskatchewan Roughriders in a 30-25 win Sunday over the Calgary Stampeders.

He was also a key cog in a defensive scheme that held Calgary tailback Jon Cornish, the CFL's leading rusher, to 67 yards rushing as Saskatchewan (6-6) ended a four-game winning streak for second-place Calgary (7-5).

Roughriders head coach Corey Chamblin pledged earlier

## Quoted

"We didn't play very well collectively and I'm not taking anything away from Saskatchewan, because they did."

Stampeders coach John Hufnagel

in the week to make personnel changes if Cornish ran for more than 100 yards against Saskatchewan.

"Joe is one of the guys that if you were in a dark alley and you saw Joe you'd better run," Chamblin said. "He's tough."

Joe is a tough-minded individual. You could see it in his eyes every day that all he wants to do is win."

But Lobendahn never lost focus.

With the game tied 13-13 in the third quarter, the five-year CFL veteran picked off Calgary quarterback Kevin Glenn on a short pass over the middle and returned the ball 16 yards deep into Stamps territory.

The play seemed to energize his teammates and helped set up a TD pass two plays later from Darian Durant to Weston Dressler. Saskatchewan never trailed from that point on.

THE CANADIAN PRESS

## FISHER AND BLIZZARD JOIN FORCES



### September Specials

Save up to

**\$500**

on the purchase of a Fisher

Special applies to HD models, XBlade, XLS and XtremeV snowplows

Receive a

**Free iPad**

with the purchase of a Blizzard

Special applies to complete Blizzard Plow packages  
\*Excludes LT model



Dartmouth  
52 Wright Avenue  
Phone: 902 468 6100  
Toll Free: 1 800 565 4700



**PARTSFORTRUCKS**

www.partsfortrucks.com

Halifax  
6 Ragged Lake Blvd.  
Phone: 902 876 8288  
Toll Free: 1 866 876 8288





## HELP WANTED

## Business Opportunities

JAN-PRO  
CLEANING SYSTEMS

Say good-bye to your old job and start a new exciting business!!

## AVAILABLE FRANCHISES

- Complete training and support
- Cleaning accounts provided
- Cheapest investment \$3500
- Unlimited potential earnings

Contact: Carlos De Regules  
902-481-2100 or email  
[carlos.deregules@jan-pro.ca](mailto:carlos.deregules@jan-pro.ca)

[www.jan-pro.ca](http://www.jan-pro.ca)

## Skilled and Technical Help

CNC Machinists ... Alloy Concepts Inc., a precision CNC machine shop, has immediate full-time openings for experienced CNC machinists at their new facility in Burnside Industrial Park. The successful candidates will be responsible for all stages of production; from blueprint reading, programming, set-up, operation and inspection. Experience in Haas milling machines and lathes, MasterCAM X 4, Zeiss CMM machine, Powder Coating and working in an ISO 9001 certified facility would be an asset. Apply in writing only to [jobs@alloyconceptsnc.com](mailto:jobs@alloyconceptsnc.com).

## HEALTH &amp; BEAUTY

## Spa Services

LASER HAIR  
REMOVAL

1 year for \$499.00  
Color/Cut \$60.00  
Mani/Pedi \$50.00  
**902-443-6093**  
264 Bedford Hwy, Ste. 205  
[ldvdayspa.com](http://ldvdayspa.com)

## AUTOMOTIVE

## Recreational Vehicles



RV Sale On Now!  
Call Us Today!  
**902-259-3006**

HOUSEHOLD  
SERVICES

## General Services

**B D S Home Improvements**  
For all **YOUR** Exterior Needs  
One Call **CAN** Do It All!

**Our Quality Workmanship Means YOUR peace of mind!**  
Insurance & WCB Licensed  
Senior discounts **FREE** Quotes  
Call Brian **456-4249** Member of the BBB

## Cleaning Services

Cleaning  
& Organizing

Insured & Bonded  
quality home cleaning  
Visit us today:  
[sortitoutcleaning.com](http://sortitoutcleaning.com)  
**902-877-4747**

## Movers

**MoveRite**  
17 ft Truck & 2 Men  
**\$75.00 per hour**  
No Minimum  
No Gas Surcharge  
**Residential & Commercial**  
Local & Long Distance  
**440-6817**  
[moverite11@gmail.com](mailto:moverite11@gmail.com)

## Trades

**Adanac Construction** Free Estimates!  
Carpentry, Siding, Window, Doors, Decks  
& Floors. We build Sheds, Garages etc...  
**Fully Insured** Call Stephen at **469-0536**

## FINISH CARPENTER

30 years exp. of home construction  
renovations, additions, kitchens,  
bathrooms, flooring, stairs, railings, crown  
moldings, windows, doors and trim.  
**Lyndel Munro 902-252-5238**  
<http://users.eastlink.ca/~lyndelmunro/>

**Hindsight Infrared Services.** Your first choice for the detection of moisture problems, which may lead to damage and mold problems. Keep your heat in your home, with our detailed Building heat loss Inspection. We provide full color infrared reports detailing results of our inspections. Certified Infrared Thermographers. **Ph:252-1790 Cell:237-0908**

## Junk Removal

## TIME TO TOSS IT

Debris removal, estate clean ups, small  
demos, unit clear outs, basements, yards &  
construction. **902-449-0232**

## RENTALS

Apartments For Rent  
"We take care of our residents. Try us and see!"

## Dartmouth Apartments

104 & 106 Albrow Lake,  
127 Slayter St  
2 BR \$647

175 Albrow Lake Rd  
1 BR \$635  
2 BR \$735

356 Windmill Rd  
1 BR \$599  
2 BR \$719

6 - 16 Nivens, 77 Farrell,  
15 Middle St.  
1 BR \$610  
2 BR \$725

11 Glenview  
Bach \$536

Book your viewing  
appointment today!  
Call Teddy at 902.441.0354

31 & 35 Highfield Park Dr.,  
11 Joseph Young Dr.  
1 BR + Den \$566  
2 BR \$627

Book your viewing  
appointment today!  
Call Sara at 902-402-2973 or  
Olga at 902-402-2915

15 Kennedy  
1 BR \$576  
2 BR \$677  
3 BR \$765

Book your viewing  
appointment today!  
Call Olga at 902.402.2915

## MOVE IN SPECIAL!

1 MONTH FREE RENT\*

\*13 month lease

Offer expires Oct. 31, 2012

Can't get a hold of us? Call our help line at 1-877-638-2221  
or email us at [leasing@metcap.com](mailto:leasing@metcap.com)

36 - 36A & 60 Primrose  
1 BR \$ 630  
2 BR \$720

7 & 14 Jackson  
bach \$475  
1Bed 561  
2 Bed 714

Book your viewing  
appointment today!  
Call Mack at 902.402.3894

65 & 81 Primrose  
Bach \$ 545  
1 BR \$630  
2 BR \$720

2 & 4 Franklyn Cr.,  
1-10 Crystal  
1 BR \$587  
2 BR \$711  
3 BR \$745

15/25/35 Leaman  
Bach \$540  
1 BR \$645

87 Pinecrest Dr,  
1-3 Farthington Place  
1 BR \$720

Book your viewing  
appointment today!  
Call Lynne at 902.401.7318  
Or Linda at 902.401.7318

## Halifax Apartments

1 & 11 Drysdale Rd.,  
22-40 River Rd  
1 BR \$511  
2 BR \$625

211 Glenforest  
2 BR \$806  
3 BR \$914

Book your viewing  
appointment today!  
Call Teddy at 902.441.0354

"The best things in Life are  
right outside the door"

Brand New Building

Call Doreen Mallon: 830 4300

GladstoneNorth.ca

1 Bedrooms Starting at \$1,025.00

- Six Appliances Including Washer/Dryer in-suite
- In-Suite Air Conditioning
- Private Large Balconies
- Roof Top Garden
- Indoor Parking Available\*
- Walking Distance to all Amenities

Located at Almon & Gladstone

## ANNOUNCEMENTS

Registrations  
Teams, Events, Classes

Try Curling! Mayflower Curling Club  
welcomes new curlers! Register today!  
Practice ice and lessons available now.  
454-0085 • [www.mayflowercc.com](http://www.mayflowercc.com)

## MISCELLANEOUS

## Miscellaneous

## LOOK!

Advertise in this space  
for as low as  
**\$10/day!!**  
Call 1-800-527-6767

## Miscellaneous

Valid until October 5th, 2012

**Limited Time Offer!!**

Purchase one burial plot, either traditional (\$1500)  
or cremation (\$800), at regular price & receive  
**2nd for half price!**

*Pleasant Hill Cemetery, Dr. Sackville • 425-6922 • 830-3732*

f like us

## Apartments Unfurnished

## Community Events

Fiesta  
Filipino

At the Bella Rose Arts Centre  
(Halifax West High School),  
283 Thomas Raddall Drive.

Halifax  
Saturday, September 29th  
12pm to 8pm

Come & enjoy our festival  
showcasing Filipino culture  
& Tradition with dance,  
music, songs, fashion &  
food.

Tickets sold at the door

follow us  
like us  
metro

## Miscellaneous

**NEED A  
RIDE?**  
Read  
metro drive  
every  
Wednesday.

## Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

10 boxes of 12 x 12 floor tiles  
Various sizes of vinyl flooring  
Call for prices  
902-469-3345

Birthday Barbie Doll for ages over 3 \$20.00  
Avon Collector Barbie Doll \$20.00  
902-865-7069

Dining set for sale. Solid wood table, cast  
iron legs. 4 chairs. Great condition. \$350.  
(902)457-6647

"L" shaped desk, dark brown.  
Great condition - \$60  
Call (902)457-6647

Small Kitchen table and 2 chairs \$125  
Oak Computer Table \$35  
Living room chair with foot stool green in  
color \$30.00 902-454-6713

WANTED: 1 Working Freezer  
Any Size, Any Condition, \$0  
(902)835-3082

2 dog kennels  
1 medium - 1 large  
902-469-3345

Bravetti Toaster Oven  
Like new - \$25  
Call (902)422-7156

Ex large George Foreman Grill  
with stand \$50.00 OBO  
Vacuum cleaner, work well \$20.00 OBO  
(902)434-8410

Looking for 4 rims to fit  
2012 Kia Forte EX  
Between \$100-125  
(902)479-1027

Tired, sore feet? You need the  
electric deluxe foot saver!  
Water, heat & massage.  
\$20 OBO 902-404-0879

Washer/Dryer \$60.00 for both  
Square Brown End Table 3 x 3 with  
bottom shelf. \$30.00  
(902)826-1864

2007 Box Utility Trailer, 4 x 5 x 8  
Good condition.  
\$600 OBO  
Call (902)434-3996

Brentwood Rocking Chair  
Excellent condition  
Brown/Beige Asking \$25.00  
902-453-3036

Gas tank for mini van - \$125  
Roof Ladder rack for mini van - \$100  
Call (902)462-4681

Looking for 4 rims/wheels 15 inch 5 bolt for  
a 2011 Hyundai Elantra Touring plus  
4 winter tires P195/65 R15  
(902)835-3082

Two arm chairs. Excellent condition. Dark  
blue, tamask fabric. \$120 • 2 slip covers for  
sofa & sofa seat. Dark blue, exc. con - \$100  
for both. Call (902)434-8410

Wooden table and 2 chairs \$10.00  
Baby crib - no mattress \$20.00  
good condition  
902-455-1625

3/4 length navy blue leather coat with  
slip in winter liner. Size 12 to 14.  
\$25 OBO  
Call (902)404-0879

Dartboard in cabinet \$25.00  
Flea Market items 5 boxes  
[dvlapointe@gmail.com](mailto:dvlapointe@gmail.com)  
902-495-8202 evenings

Kenmore 30 inch Electric Stove  
Almond in color  
Perfect working condition.  
Asking \$125 OBO 902-864-3255

One set of Christmas dishes (four  
person setting). Holly pattern.  
\$15 OBO  
Call (902)407-9735

Wanted old china, glass, old toys  
and jewelry.  
Please call 902-455-9060

Yardworks battery operated lawnmower.  
Barely used but needs new battery. Lawn-  
mower sells new at CT for \$400. Sell for \$30.  
[dvlapointe@gmail.com](mailto:dvlapointe@gmail.com) or Ph: 495.8202

## Horoscopes

### Aries

**March 21 - April 20**

Keep things simple this week because if you lose focus you will get confused and make it easy for your rivals to get the better of you – and no way should they ever be better than you.

### Taurus

**April 21 - May 21**

Ever had the feeling that you are repeating yourself? If you get it today you must stand back from what you are doing and try to remember when and where it occurred before. It could save you money.

### Gemini

**May 22 - June 21**

Think carefully about what you are about to do and don't do it unless you are absolutely sure it is right and proper. The planets indicate you won't lose out by being a bit more cautious than usual.

### Cancer

**June 22 - July 23**

The most important thing now is that you are clear in your own mind about your feelings and motivations. Time spent thinking will not be time lost. On the contrary, it's an investment in your future success.

### Leo

**July 24 - Aug. 23**

It would be wise to compromise with loved ones and colleagues today, even if you honestly believe that you are right and they are wrong. They have the power to make life uncomfortable for you if they so choose.

### Virgo

**Aug. 24 - Sept. 23**

You have important things to do and you cannot afford to waste time on small talk or idle chatter. You may have to be blunt, even rude, with people who seem unable to raise their sights as high as your own.

### Libra

**Sept. 24 - Oct. 23**

You are the most important person in your life and must always put yourself first. That might sound selfish but until you take care of your own needs and desires you won't be able to take care of others.

### Scorpio

**Oct. 24 - Nov. 22**

What you learn today will in some small but important way change how you look at the world. Just because different people have different ways of seeing does not mean that one is right and one is wrong.

### Sagittarius

**Nov. 23 - Dec. 21**

Make peace with rivals and enemies. You have more important things to do with your time than waste it on petty feuds. The good news? Someone you meet on your travels could turn out to be your new best friend.

### Capricorn

**Dec. 22 - Jan. 20**

Stop complaining that things never go right for you and take charge of your own destiny. If you look for the pattern behind your existence you will find it, and once you have found it you will find happiness too.

### Aquarius

**Jan. 21 - Feb. 19**

You need to be a bit more active and assertive. You can, if you wish, sit back and let life come to you but at some point in the future you will look back and wish you had been more ambitious.

### Pisces

**Feb. 20 - March 20**

Someone you usually get along with will say something critical today and if you are smart you will act on their comments. When a true friend gives you a warning you should take it as a wake-up call. **SALLY BROMPTON**

## Mishmash

### Across

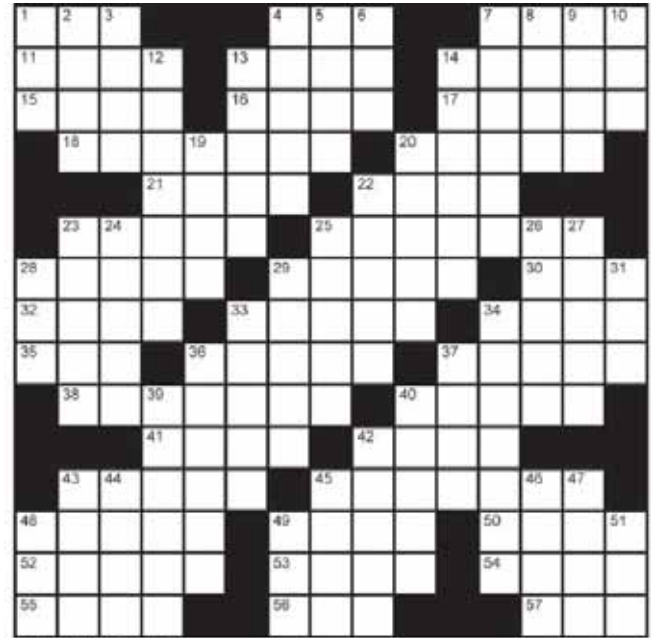
1. 747, 767, or 777
4. Cut grass
7. Dart here and there
11. Affirm confidently
13. \_\_\_ Scotia
14. Greek Mediterranean island that was the centre of the Minoan civilization
15. \_\_\_ noire: frightful thing
16. Couturier \_\_\_ Saint Laurent
17. Excessive hurry
18. Third-largest municipality in 25-Across (2 wds.)
20. He-man's antithesis
21. "Blueberry Hill" singer \_\_\_ Domino
22. Animals, to hunters
23. One-armed bandits, for short
25. Canada's first province, alphabetically
28. Cognizant of one's surroundings
29. Battle wounds
30. Big \_\_\_: large truck
32. "My name is \_\_\_, James ..."
33. Odin's mythology
34. Equine female
35. Before: poetic
36. Steams up
37. DSL need
38. 25-Across's northern member of the CFL
40. Bathroom floor worker
41. Wedding day exchanges (2 wds.)
42. "The Seven Deadly \_\_\_"
43. Toy bear named for a US president

45. Vancouver CFL team (2 wds)

48. "En \_\_\_!": fencer's alert
49. Apple covering
50. Tidy
52. Foreigner
53. Broadway award
54. Big truck
55. A person's equal
56. Tidbit for an aardvark
57. Bear's hibernation spot

### Down

1. Boxing blow
2. Any time
3. Head: Fr.
4. Relocates
5. Done
6. Existed
7. The longest river in BC
8. Not more
9. Teeny
10. Golf stand
12. Sundance Film Festival founder Robert
13. Kremlin denials
14. Musical bells
19. Go out with
20. Bladed weapon
22. Drinking vessel
23. Said "#@\$&!!"
24. Country roads
25. 43,560-square-foot units
26. Occupation
27. Broadcaster
28. "Honest \_\_\_": President Lincoln
29. Individual performances at a concert
31. Amethyst or tourmaline
33. Leonard \_\_\_: Star



Copyright © 2012 Michael Wieseberg

Trek's Spock portrayed

34. Beer that had the "I Am Canadian" ad campaign

36. Word after debt or guilt meaning "overwhelmed by"

37. BMW subcompact model taken over from Rover in 2000

39. Margot \_\_\_: Yellowknife-born Lois Lane

portrayed in four Superman movies

40. Canadian actress and poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or younger sister actress Meg

42. A bloodhound follows one

43. Dickens' A \_\_\_ of Two Cities

44. Great Lake

45. \_\_\_ the lookout for: watch for (2 wds.)

46. Require

47. Identical

48. "Mind the \_\_\_": London Underground warning

49. School fund-raising grp.

51. Frontier badge material

## Friday's Crossword



## What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Friday's Sudoku

5	9	7	4	8	2	1	3	6
6	2	1	5	7	3	8	9	4
8	4	3	1	6	9	7	5	2
7	5	6	8	2	1	4	8	3
9	1	8	3	4	7	6	2	5
4	3	2	8	5	6	9	7	1
1	6	9	2	3	8	5	4	7
3	7	5	6	9	4	2	1	8
2	8	4	7	1	5	3	6	9

1			9					
6		3		2	4			5
	9	4	7					
4		2				3	6	
	7	1				8		9
					5	7	9	
8			3	6		2		1
					2			4

**Today**

19°/8°

Showers

40%

**Tuesday**

18°/9°

Sunny

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network | HD

©The Weather Network 2012

Search over 50,000 used cars, fast and free.



 **autocatch**.com





# O'REGAN'S HYUNDAI

## END OF MONTH CLEAROUT SALE

### LAST WEEK, ENDS SEPTEMBER 30th

## GET **FREE** WINTER TIRES OR A **FREE** SEVEN-YEAR WARRANTY WHILE SUPPLIES LAST



5 LEFT

2012 SANTA FE V6 AWD  
**\$146/BIWEEKLY**

**SAVE \$6000**



3 LEFT

2012 VERACRUZ V6 AWD  
**\$170/BIWEEKLY**

**SAVE \$6000**



4 LEFT

2012 SONATA GL  
**\$104/BIWEEKLY**

**SAVE \$4000**

**\$1000 LOYALTY REBATE**



4 LEFT

2012 VELOSTER  
**\$120/BIWEEKLY**

**SAVE \$1000**



2 LEFT

2012 ACCENT GL 4DR  
**\$89/BIWEEKLY**

**\$89/BIWEEKLY**



1 LEFT

2012 ACCENT L 5DR  
**\$82/BIWEEKLY**

**\$82/BIWEEKLY**



12 LEFT

2012 ELANTRA TOURING  
**\$87/BIWEEKLY**

**PLUS A FREE TRIP  
FOR 2 TO FLORIDA**



2 LEFT

2012 GENESIS SEDAN  
**\$258/BIWEEKLY**

**PLUS A FREE TRIP  
FOR 2 TO FLORIDA**



**O'REGAN'S**  
DRIVING HIGHER STANDARDS

DARTMOUTH  
HYUNDAI

60 BAKER DRIVE, UNIT D • 465-7500  
WWW.OREGANSHYUNDAIDARTMOUTH.COM

\*Offer valid for all models. On select models. Inventory limited. \*Trip for 2 only available on 2012 Elantra Touring and 2012 Genesis.